

Better Homes and Gardens®

MAY 2016
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THE DINNER REPORT
WHAT WE'RE EATING NOW

Fresh & Delicious!

39

RECIPES TO BRING EVERYONE TO THE TABLE

Spoil Mom for a Day
p. 34

plus

Showstopping Meringue Desserts *p. 94*


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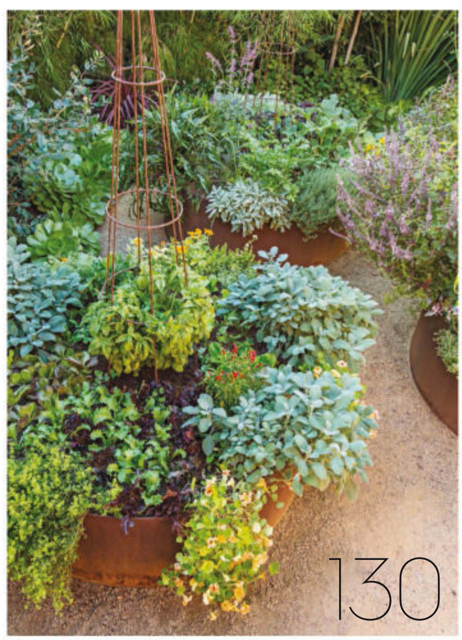
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PHOTO:
BLAINE MOATS

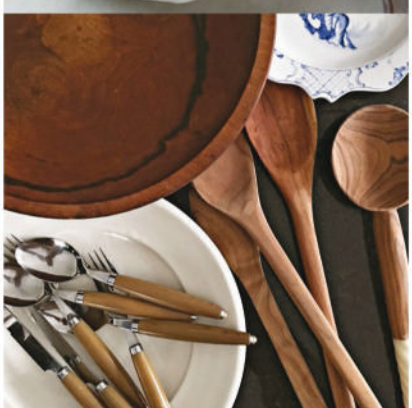
FOOD STYLING:
GREG LUNA

Cook the cover
Make these gorgeous meringue pavlovas! *Page 94*

FRESH

IN EVERY ISSUE







EDITOR'S LETTER

what's for dinner?

We've been talking a lot about dinner lately. *BHG* has undeniable authority in the kitchen—it's difficult to find a home without a copy of our iconic Red Plaid Cookbook. That's why it made sense for us to dive right into a new food-theme issue.

Food editor Nancy Wall Hopkins and her team went through our Food Factor survey, in which 2,000 people shared with us their thoughts on the American table, and found that dinner is paramount on people's minds. That led to our first ever "Dinner Report" *(page 110)*, where we learned some surprising things about what's cooking in your kitchens.

We also asked our staff about dinner in their homes. Senior editor Diana Dickinson: "One little tradition is called High-Low. We go around the table and everyone shares the high point and the low point of their day." Managing editor and grillmeister Gregory Kayko: "How do I get them to the dinner table? Sauces and rubs. And don't tell them what they're eating until they've eaten it." East Coast editor Eddie Ross: "It's often takeout, but with beautiful plates and serving pieces." Senior style editor Eugenia Santiesteban Soto: "Even though I'm lucky to live in a city with amazing restaurants, the thing I crave most is a home-cooked dinner." Executive editor Oma Blaise Ford: "Most weeknights we make a messy slide into the home plate that is our dinner table."

We consider ourselves lucky to have dinner with our loved ones, whether it's multiple courses or a heated-up pizza. Don't forget, people have been eating communally for thousands of years—why stop now?

STEPHEN ORR,
Editor in Chief
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#BHGDINNER
We're all food photographers at heart. **Instagram your dinner** with #BHGDinner, and we might share it!

BHG.COM/CINCODEMAYO
Throw a Cinco de Mayo party. Pin your favorites: yarn banners, 25-minute tacos, and lime margaritas.

FACEBOOK.COM/MYBHG
Have you spotted our 15-second cooking videos on Facebook? They might inspire dinner, a Mother's Day treat, or a signature cocktail.

BHG.COM/DIYCABINETS
Facebook trend of the month! These nifty kitchen cabinet fix-ups have been liked 10,000+ times.

@BETTERHOMESANDGARDENS
The editors are taking over Instagram! Meet our crew when they serve as weekend hosts on BHG's Instagram feed.

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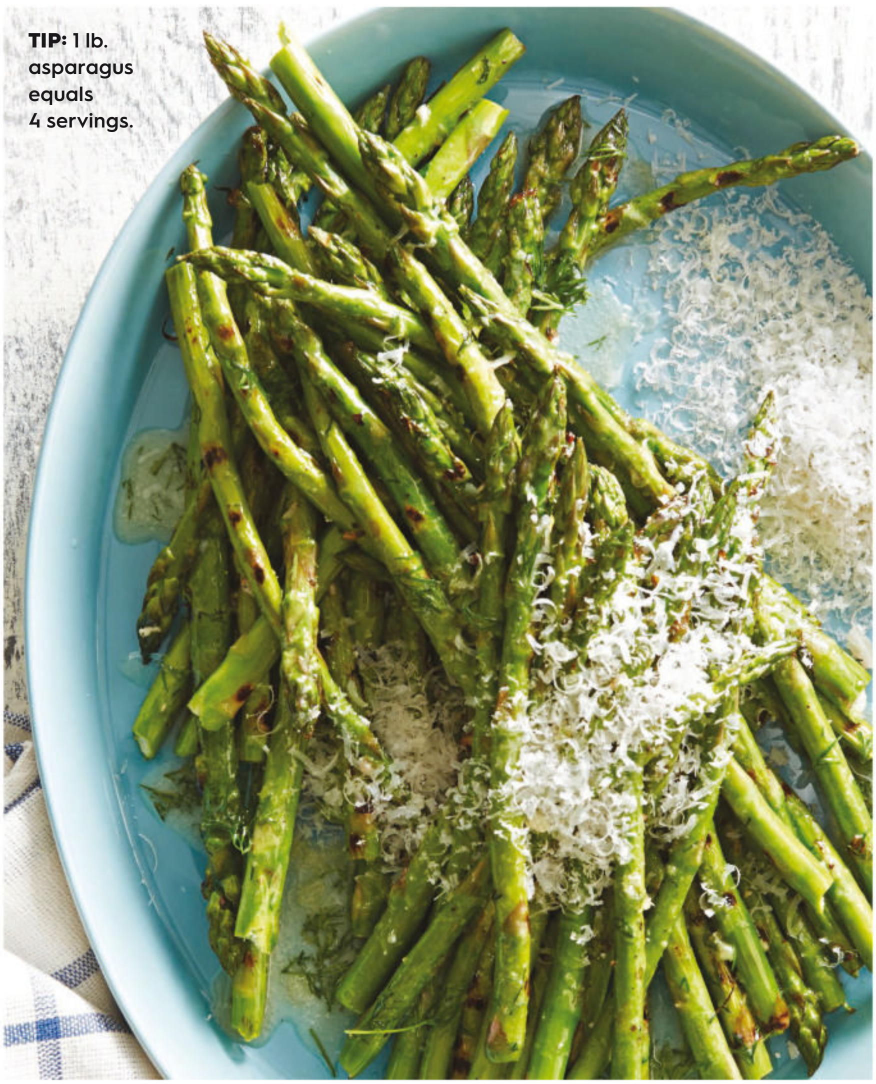

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WHAT'S TRENDING ON BHG.COM

1 STOP OVERCOOKING ASPARAGUS Here's our asparagus refresher for the season. ***BHG.com/BestAsparagus***

2 POWER PERENNIALS Fill your garden with these plants that thrive no matter what. ***BHG.com/ToughFlowers***

3 RECHARGE YOUR GARAGE Have the best-looking garage on the block with these knockout ideas. ***BHG.com/GlamGarage***



TIP: 1 lb. asparagus equals 4 servings.

[CONTEST]

Enter for a chance to win $25,000

GO TO *BHG.COM/ WINUPGRADE* FOR THE CHANCE TO RENOVATE YOUR KITCHEN! DETAILS, *PAGE 149.*

Enter at *BHG.com/ KitchenWin*



[BLOGGER OF THE MONTH]

BAKING A MOMENT

BHG.COM/ALLIEBLOG
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ALLIE // *BAKINGAMOMENT.COM*

Allie launched her blog three years ago with the goal of treating readers to something delicious. Her favorite recipe? Simply Perfect Salted Caramel Sauce, which appears in many of her desserts (keep the butter and sugar handy; those are her go-to ingredients). But it's colorful food that most inspires her. "Berries are a lot of fun to shoot," she says.

[READER SHOPPING]



BUTTERFLY BANQUET COLLECTION Welcome butterflies with these colorful blooms for a sunny location. Pollinators will love the violet-blue spires of 'Blue Boa' agastache from summer to frost. 'Dipt in Wine' coleus adds contrast, while the blossoms of 'Landmark Citrus' lantana, 'Can-Can Peach' calibrachoa, and 'Superbena Lilac Blue' verbena round out this cheerful mix.

We'll ship one of each plant, five plants total, in 1-pint pots at the proper planting time for your Zone. Item MM087238, $39 each plus shipping. Order online at *BHGGardenStore.com* or call 800/420-2852 and refer to code BHS04. ■


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fresh

OBSESSED WITH

BEAUTIFUL BASICS

These stylish workhorses give everyday tasks a lift. From handcrafted wooden spoons to streamlined storage containers, they're sturdy enough to get the job done and good-looking enough to command the countertop.



Clockwise from top left: Utensils, *westelm.com.* Pitcher, *zarahome.com.* Potato bin, *target.com.* Pot scrubbers, *haydenvillebroomworks.com.* Containers, *hm.com.* Spice jars, *bittersco.com.* Wood spoons, *merchant4.com* and *schoolhouseelectric .com.* Whisk broom, *lostine.com.* Brushes, *schoolhouseelectric.com.*

STYLING: KYLEE KRIZMANIC

Win! Go to *BHG.com/KitchenGoods* May 2-6 for a chance to win our favorite kitchen basics. Details, *page 149.*

BY **EUGENIA SANTIESTEBAN SOTO** PHOTO **ADAM ALBRIGHT**

KITCHEN *GOODS*

Show a little love to the most labor-intensive room in the house. Some of these standbys might be an investment, but isn't it worth bringing a little beauty and joy to a space you use every day?



DIP CANISTERS
Gloriously oversize for stockpiling staples. $29.95 (large) and $19.95 (small); *cb2.com*



BEE'S WRAP
Banish plastic: This beeswax-coated fabric wrap is reusable. $28 for set of three sizes; *shopterrain.com*



BEAKER GLASS DISH
This little beauty is oven- and microwave-safe. $9.95; *cb2.com*



CERAMIC FRENCH PRESS
Brews a perfect cup and makes every morning feel indulgent. $150 (large) and $120 (small); *yielddesign.co*



CLOTH DISH COVERS
Double-layered fabric is pretty and keeps food fresh. $62 for five; *ambatalia.green/shop*



POT HOLDER
The ultimate kitchen upgrade—a suede pot holder you can toss in the wash. $22; *marchsf.com*



IVALO CARAFE
Singular details like the ash-and-leather stopper set it apart from the bunch. $43; *us.amara.com*



GUSTO SMALL STORAGE JARS
Eco-friendly containers in a choice of two color combinations. $22 for three; *biobu.com*

> “Have nothing in your houses that you do not know to be useful or believe to be beautiful.”
>
> *—WILLIAM MORRIS*

PHOTOS: BLAINE MOATS

CLEANING *SUPPLIES*

Reimagined in materials like linen, leather, and beechwood, these tools are more refined than rough-hewn. Not only do they feel good, they're also sure to make even the dullest chore feel special.



DESK BRUSH
A compact set from a French broom maker keeps surfaces tidy. $38; *merchant4.com*



TIGER BRUSH
This artisan-made goat-hair brush marries luxe with practical. $44; 212/677-4240



EVERYDAY CLEANER
Tackles both wood and upholstery and leaves a luscious scent behind. $9; *murchison-hume.com*

> "When you tidy your space completely, you transform the scenery."
>
> —*MARIE KONDO*



LINEN DISH CLOTH
Hardworking and long-lasting—seriously, you might never have to buy a sponge again. $12; *thelaundress.com*



FEATHER DUSTER
Perfect for both fragile heirlooms and dust-ridden tight spots. $12.99; *casabella.com*



CANOT KITCHEN BRUSH
The easy-to-hold handle makes scrubbing vegetables a delight. $16; *merchant4.com*



LEATHER FLY SWATTER
Come summer, you won't know how you've survived without it. $14; *schoolhouseelectric.com*



WHISK BROOMS
Beauty and brawn: These dip-dyed brooms are as tough as they are lovely. $28 each; *lostine.com* ■

PHOTOS: BLAINE MOATS




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in love with... FLORALS

Garden-inspired indulgences are cropping up everywhere. Beauty director **Ellen Miller** handpicks a few new favorites.



1 **NAIL FILE** Revlon Love Collection by Leah Goren File 'N Peel, $4.99; mass retailers 2 **MAKEUP BAGS** Sonia Kashuk Small Train Case ($18.99) and Two-Zip Purse Kit ($11.99); *target.com* 3 **HAND CREAM** Yard Etc Hand Balm in Dog Rose, $20; *yardetc-usa.com* 4 **EYE SHADOW** Clinique Lid Pops in Petal Pop and Cocoa Pop, $17 each; *clinique.com* 5 **PRESHAMPOO TREATMENT** Philip Kingsley Geranium and Neroli Elasticizer, $53; *philipkingsley.com* 6 **BLUSH** Diorblush Glowing Gardens Vibrant Colour Powder Blush in Floral Pink, $44; *dior.com* 7 **BAR** Dove Purely Pampering Sweet Cream with Peony Beauty Bar, $3.79 for two; *walmart.com* ■

Win a $1,000 beauty gift card! **We want to know your favorite iconic beauty brand. Vote at *beautybash.me* and enter for a chance to win. Details on *page 149*.**

PHOTOS: (ELLEN) KATHRYN GAMBLE, (PRODUCTS) JEFF HARRIS; HAIR AND MAKEUP: JILL WITTE; STYLING: WENDY SCHELAH FOR HALLEY RESOURCES


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–1– –2– –3–

MATTE LOVE
1. L'Oréal Paris Colour Riche Collection Exclusive Lip Color in Blake's Red, $8.99; *lorealparisusa.com*
2. Maybelline New York Lipstick in Siren in Scarlet, $7.49; *maybelline.com*
3. Revlon Super Lustrous Lipstick in Matte Really Red, $7.99; *drugstore.com*

1 PREP THE SKIN

"Bold colors will call attention to any dryness," makeup artist Diane Kendal says. Exfoliate with a soft toothbrush or lip scrub and then top with a generous amount of your favorite balm. Let it sink in for at least a minute.

2 DEFINE YOUR LIPS

Pick a pencil that closely matches your lipstick—Kendal likes MAC Cosmetics Lip Pencil in Follow Your Heart ($16.50; *maccosmetics.com*). Outline your lips, defining your cupid's bow so color looks crisp. Then fill in.

3 TOP WITH LIPSTICK

It intensifies color and softens lips—MAC Cosmetics Lipstick in Ruby Woo, ($17; *maccosmetics.com*) is a classic. Because this look is dramatic, keep the rest of your makeup minimal—almost nothing on eyes and cheeks, Kendal says. ■

PHOTOS: (PRODUCTS) JEFF HARRIS, (PORTRAIT) LAURENT DARMON/TRUNK ARCHIVE

BY **ELLEN MILLER**




Dove
white
beauty bar for deep moisture

getting ready with SOFIA VERGARA

The Emmy-nominated actress and red carpet favorite on her (surprisingly minimal!) off-duty beauty routine.



8 A.M. I have to wake up at 5 on days when *Modern Family* is shooting, so it's nice to be able to sleep in a little on off days.

8:05 A.M. Have coffee and eat something light like a banana. Then I work out—usually Pilates.

9 A.M. Make myself a protein shake.

9:10 A.M. Shower. I have to do all kinds of things to my hair for my job, so I need something that nourishes my scalp but isn't harsh. I use Head & Shoulders Nourishing Shampoo and Conditioner ($4.99 each; *headandshoulders .com*), which also has a nice lavender scent.

9:25 A.M. After I get out, I use coconut oil on my body, wrap my hair in a towel, and put on sunscreen.

9:30 A.M. I've changed the way I do my makeup as I've gotten older—maybe you realize at a certain point that using tons of black around the eyes doesn't look as good. I start with foundation applied with a sponge. Then I do brown eyeliner and a little bit of eyeshadow in the crease. I always finish with mascara since my eyelashes are blonde.

9:37 A.M. If you haven't gotten a lot of sleep, color on the lips is good. It calls attention to your lips, and people forget about the rest. I like mauve for everyday and reds and pinks for events.

9:38 A.M. I dry my hair using a Mason Pearson brush ($150; *beauty.com*).

10:15 A.M. Put on jeans and a T-shirt or a sweater—and always heels.

10:30 A.M. Turn off my coffeemaker and head out for meetings or to see friends. ■



OBAGI
Sun Shield Mineral SPF 50, $51.50; *lovelyskin.com*



COVERGIRL
Outlast Longwear Lipstick in Magnetic Mauve, $8.99; *covergirl.com*



COVERGIRL
LashBlast Volume Mascara, $8.99; *drugstore.com*



BEAUTYBLENDER
Royal makeup sponge, $20; *beautyblender.com*

PHOTOS: (SOFIA) GETTY/VERA ANDERSON; (SUNSCREEN) JEFF HARRIS

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PRODUCED BY JESSICA THOMAS

Play with color! **Find the perfect shade of blue for your walls with our free Color Finder tool.** ***BHG.com/MayColor***

BY **SARAH EGGE** PHOTO **ADAM ALBRIGHT**



For a polished look, paint walls, built-ins, and trim the same shade, as designer Liz Caan did in this living area.



PENDANT
LBL Isla Aqua Nickel Light, $300.80; *lampsplus.com*



WALLPAPER
Emily Isabella Otomi in Turquoise, $140 per 27-inch×30-foot roll; *hyggeandwest.com*



PLATES
Threshold Patterned Dinner Plate, $1.49, and Appetizer Plate, $.99; *target.com*



GIVEN HER LOVE FOR BOLD COLORS and worldly patterns, it's no wonder designer Leslie Hunt is drawn to turquoise. "It's not a cool, washed-out color," she says. "Turquoise is intense and has warm undertones. I like to mix it with similarly bold, warm colors like coral spice, vibrant red, and Colonial pink. Copper is a fantastic accent, too, because it plays off the hues of the actual stone." Another trick is to layer a variety of blues—a deep aqua sofa, pillows in turquoise and indigo, and pale blue for the walls. ■



PILLOW
Colorblock Pillow Cover, $49; *westelm.com*



BLUE GROUND
With white floors and trim, this upbeat aqua illuminates tight spaces like mudrooms.
210 Farrow & Ball



FIJI
Emerald, amethyst, citrine, and garnet are attracted to this jewel tone.
P460-5 Behr



RAPTURE BLUE
Pair this classic midtone with grays and reds—anything from blush to brick.
6773 Sherwin-Williams



BARITONE
Grays and greens underlie a blue that works wonders with cream and white.
454-5 Pittsburgh Paints



PARADISE
Use a sea shade as a focal point (maybe a kitchen island) to instill a vacation feel.
083 Portola Paints

PHOTOS: (LESLIE) AMY BARTLAM, (ROOM) MICHAEL PARTENIO; MARKET EDITOR: KATIE WOOLSEY

one big *happy* room

A family of five discover their "everything happens here" place by taking down the walls that closed off the kitchen, living room, and dining room.



A 7½-foot-long island with storage on all sides and a stretch for stools anchors this kitchen. No surprise this is where the family and guests hang out.

STYLING: SCOTT HORNE; FIELD EDITOR: LISA MOWRY

BY **KIT SELZER** PHOTOS **EDMUND BARR**



NOT AN INCH WAS ADDED, BUT THE HOUSE FEELS BIGGER WITHOUT THE WALL THAT WAS BEHIND THE SOFA.

GO WITH THE FLOW

An area rug and the position of the sofa say "Here's the living room," *right,* but other elements unify the open plan. The dining room's original shiplap-covered pitched ceiling was continued into the living room, and matching stationary curtain panels were used in both rooms.

GET COMFY

Stools under the sofa table, *below,* can be pulled into the living room as needed. Tucked behind cabinet doors, the TV is positioned to be seen from just about anywhere.



CREATING an all-in-one space isn't just about knocking down walls and raising the ceiling. Who wants a gymnasium in the center of their house? It's about creating rooms within a room—spaces that work as well day to day as they do when a big group comes for a holiday dinner.

When Jenn and Paul Puma combined three rooms in their Orange County home into one, they made the centerpiece a big island where their kids—Peyton, 14; Taylor, 12; and Robbie, 8—like to plop, have a snack, and catch up after school. It's also where you'll find guests when Paul is grilling or making pasta from scratch. The party moves easily to the dining table or to the seating area where a crowd can sit, mingle, or even sprawl. There's a spot for everyone, and no space goes to waste.

GRAND OPENING

The square footage the Pumas needed had always been there; it just wasn't doing them any good until they cleared away some walls. A few key changes to the floor plan made all the difference.

BEFORE **AFTER**



WASTED SPACE
This powder room wasn't critical. Giving it up meant gaining more design flexibility in the kitchen.

CLOSED OFF
The kitchen had no connection to the living room, so both rooms missed out on the fun.

LIMITING HALLS
Some hallways support cabinetry or furniture on the other side, but these were just barriers.

OPEN COOKING
The new range gets a prime spot with access to the fridge, prep space, and dinner guests.

HANDY DESK
A built-in desk takes advantage of a central, sunny spot on the edge of the work core.

BRIGHT ENTRY
No more unwelcoming entry hall. Now the front door opens directly into the kitchen.


BEFORE


BEFORE


A CABINET DOUBLES AS A ROOM DIVIDER AND SERVING SPOT.

ILLUSTRATION: CHRIS GLOWACKI



WALL
GRAY OWL
2137-60
BENJAMIN
MOORE

ONE OF THE FEW REMAINING WALLS CARRIES DECORATIVE WEIGHT WITH A GALLERY.

INJECT COLOR

Jenn, who worked with Courtney Fernan and Kristin Georgi on the interior design, chose a soft gray backdrop to marry the rooms, adding bold accents, such as this turquoise buffet, to move the eye around. ■

Lose the walls, keep the storage Check out these storage ideas for an open floor plan. *BHG.com/OpenLiving*

BUYING INFORMATION: *BHG.com/Resources*

throw a
SPA PARTY

Treat yourself and your favorite mamas this Mother's Day with a do-it-yourself pampering party. Light eats, DIY scrubs and body butters, and stress-free decor relax the mood and refresh your guests.



PRIMED FOR PAMPERING

Destress and detox with a homemade clay foot—or hand—soak. Mix ¼ cup powdered clay (available online or in health food stores), ¼ cup Epsom salts, and several drops of essential oils. Dissolve a few spoonfuls in a bowl of warm water, and finish off with fresh flower petals.

PRODUCED BY AMBER WAGNER

BY **CARRIE BOYD** PHOTOS **REBEKAH MOLLOY**


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PICK A SCENT

Partygoers can customize each spa recipe with a few drops of their favorite essential oils *(below)*. Gently stir to blend, package in pretty take-home jars (these are available at *specialtybottle.com*), and seal with a strip of washi tape.

SPA STATION

Set out big batches of DIY whipped coconut oil body butter and sugar-sea salt scrub for guests to create their own blends, *right*. Gemstone soaps displayed on DIY marbled pedestal trays are an easy party favor. Get the DIYs for both projects: *BHG.com/SpaPartyKit*





Sugar-Sea Salt Scrub

Free party kit

Get all the essentials, including bonus recipes and projects, to throw the ultimate spa party. *BHG.com/SpaPartyKit*



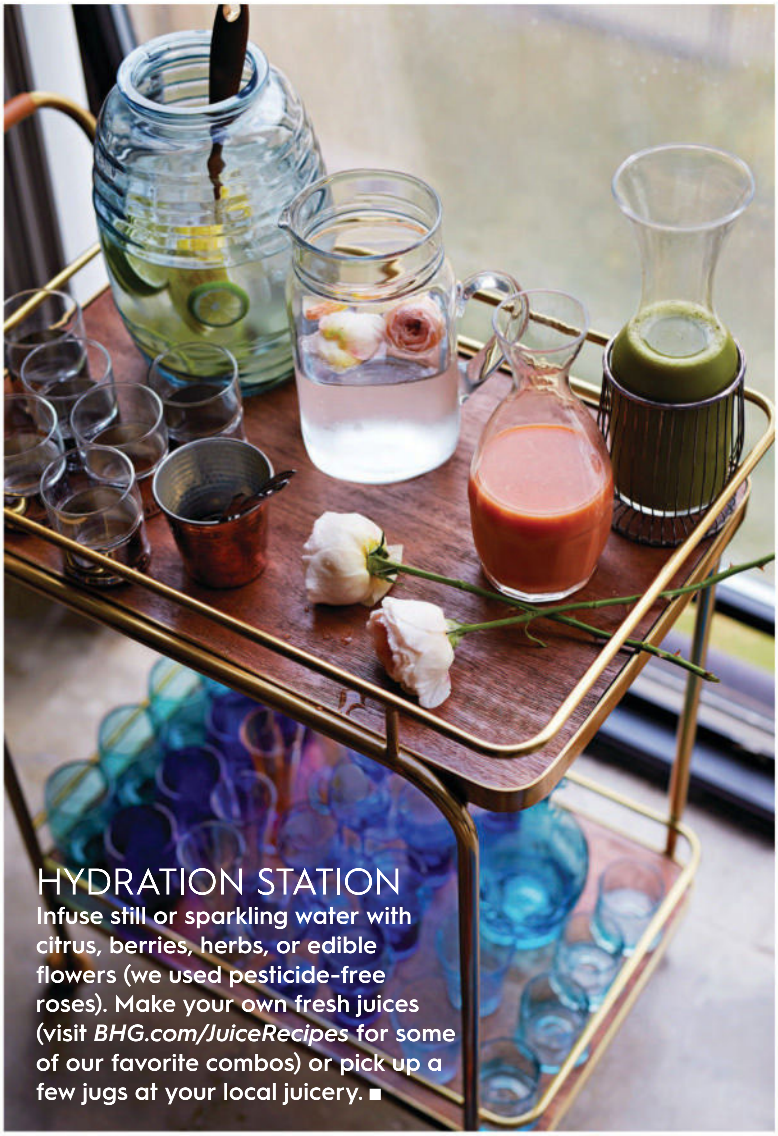


SET THE MOOD

Dim the lights and scatter candles to create a relaxing amber glow, *far left*. Comfy poufs and pillows make every spot the best seat in the house. A clay soak, *left*, revives tired hands (recipe, *page 34*).


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HYDRATION STATION

Infuse still or sparkling water with citrus, berries, herbs, or edible flowers (we used pesticide-free roses). Make your own fresh juices (visit *BHG.com/JuiceRecipes* for some of our favorite combos) or pick up a few jugs at your local juicery. ■



THIS PARTY IS ONE OF EIGHT DIY-PACKED GATHERINGS FEATURED IN THE SUMMER ISSUE OF BHG'S ***GET TOGETHER!***™ MAGAZINE, ON NEWSSTANDS MAY 3.


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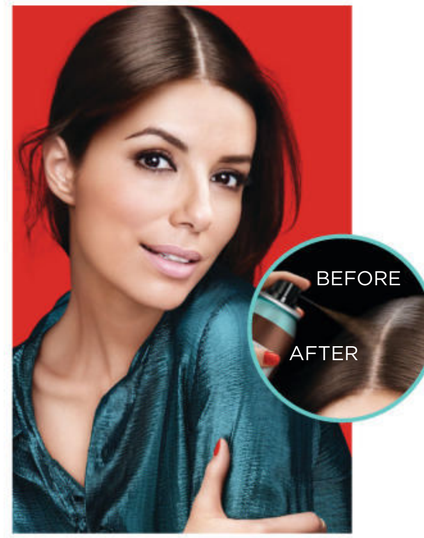
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it's time to SPOIL MOM

Make her feel like a pampered princess with one of these little indulgences. (Or treat yourself—we won't tell.)





SAVING FACE: LAPIS TO CALM, PHOENIX TO HYDRATE, ORCHID FOR ALLOVER GLOW

1 **SLEEP MASK** Because Holly Golightly was on to something. Daydream Believer Sleep Mask, $16; *sleepycottage.com*

2 **BATH SALTS** Turn her tub into a spa. Shanti Bath Salts, $60; *aryaessentials.com*

3 **NECKLACE** So cute, so affordable. Kaitlyn Camera Necklace, $14.99; *morninglavender.com*

4 **TASSEL BRACELETS** Choose from 12 colors. $26 each; *goldand gray.com*

5 **CHOCOLATES** Old-school tin makes a cute container after the sweets are gone. $35 for 12 pieces; *louis-sherry.com*

6 **FACIAL OILS** Give the gift of glow. $49 for three; *herbivore botanicals.com*

7 **POTTERY** A handmade pretty for her bedside or desk. Cloudware Chemist Cup, $35; *haand.us* ■

PHOTOS: BLAINE MOATS

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i did it!

When she's not reclaiming wood and rescuing castoffs, this do-it-yourselfer enjoys a good coffee break. Now, getting her next cup couldn't be easier.



"I have to admit, I drink coffee like it's going out of style," LZ Cathcart says. "Not just for the caffeine, but I love the taste." Every time she filled her cup in her Burgaw, North Carolina, home, she longed for a dedicated serving and storage spot. A bare wall off the kitchen turned out to be the ideal place for a coffee station.

The wood for the console-style cabinet came from an old barn that LZ and her husband, Mike, found for $150 on Craigslist, dismantled, and hauled home. (They're using the remaining material to make furniture to sell in their new local store, The Summery Umbrella.)

LZ and Mike already owned old windows, hinges, and the mirror (from a bedroom dresser), making the grand total for new materials a whopping $0. How's that for budget decorating?

Take a closer look on *page 50.*

LZ's rustic cabinet stows her coffeemaker, coffee supplies, and entertaining gear—and it invites guests to serve themselves.

STYLING: MICHAEL WALTERS

Build it! **Get the step-by-step project plans for this furniture piece.** ***BHG.com/CoffeeStation***

BY **KIT SELZER** PHOTOS **BRIE WILLIAMS**



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UNFINISHED BUSINESS

Less was definitely more for LZ when it came to finishing her coffee station. "I went back and forth a thousand times on whether I should paint and distress it," she says. In the end, she decided that skipping paint, stain, and sealer gave her the ultimate natural look. "Polyurethane can make old barnwood so dark," she says. LZ simply sanded the boards to get rid of splinters. She took the same light-handed approach to the old window frames, cleaning them with bleach and water, then sanding only a few rough spots. Refinishing some old painted surfaces requires special care. See *BHG.com/OldFinishes* for tips.

wood working

What to know when making furniture from barnwood:

- **CHECK THE CONDITION** Boards that are warped or decayed or have uneven edges could make your building project unstable. Choose planks based on being able to cut off bad spots.
- **LET IT DRY** Keep wood outside under cover and stacked with thin strips of wood in between (for air circulation) for a couple of weeks. Then, let it acclimate inside for a few more weeks.
- **WEAR GLOVES** "It's an absolute must," LZ says, due to possible splinters, nails, even bugs.
- **BUY EXTRA STAIN** "Old pine can be very porous," LZ says. "Be prepared to use a lot of stain." ■





MEET LZ CATHCART

She shares rustic projects with a modern twist on her blog, The Summery Umbrella.

TRIED-AND-TRUE DECORATING TRICK
Using nature whenever I'm on a tight budget.

FAVORITE TOOL
My cordless Ryobi random orbit sander. I use it every day.

BEST WAY TO SPEND $50
Typically at my local ReStore, auction, or funky junk store. I love finding new treasures!

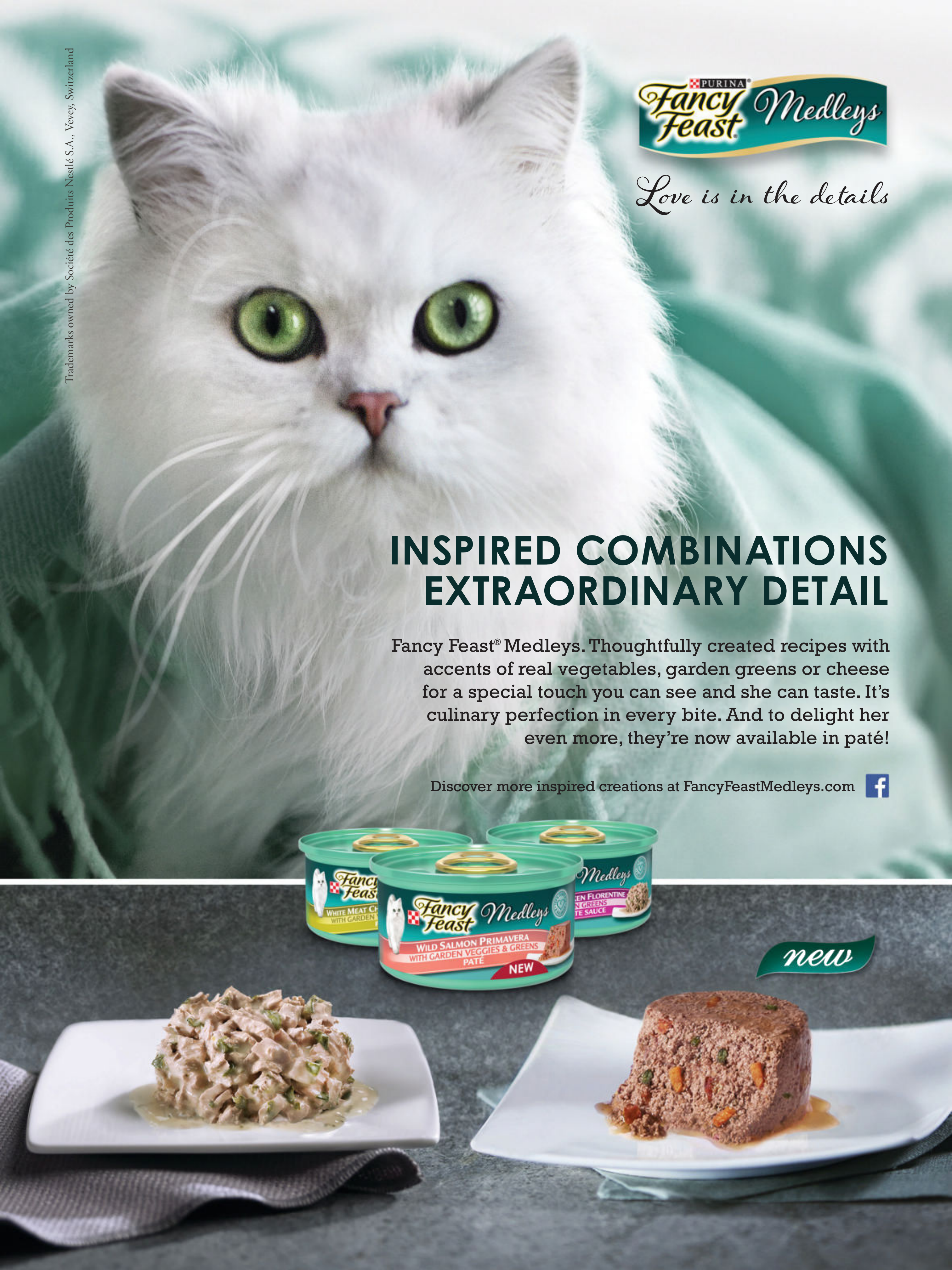
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BEST DIY SKILL
Finding random items and turning them into repurposed beauties.

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Start with a small project. Take baby steps toward your big DIY projects, and you'll get there.

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A COOK'S KITCHEN *without remodeling*

You can cook like the pros without ever firing up a restaurant-caliber range—or tearing out countertops. A few easy changes to your kitchen will make you more efficient and organized. Here's how the chefs do it.



1

CHOOSE EASY-GRAB CABINET HARDWARE

Quick access to gear and ingredients makes a kitchen run smoothly. One small but important detail: cabinet hardware. Long, rectangular pulls are easier to grip than latches, cylindrical nubs, or bin pulls you have to grab from below. U-shape knobs and ring pulls let you open a cabinet with one finger (good when your hands are messy or wet).

OUR PICKS

Below, from left: Larkin Finger Pull, $11; *rejuvenation.com.* Sugatsune DR Finger Pull, $15.30; *atgstores.com.* U-Pull M552, $7.30; *topknobs.com.*



PHOTOS: (KITCHEN) MICHAEL PARTENIO, (PULLS) JACOB FOX

BY KIT SELZER

2/ INSTALL A HIGH-PROFILE FAUCET

If you're ready to upgrade your standard faucet, you might want to invest in an industrial-style model. A high-arc faucet with a pull-down nozzle you control with your fingertips makes it easy (and fun!) to fill a tall pot and rinse dishes. The newest ones are designed for ultimate maneuverability and easy "docking." Does your sink have holes for faucet handles? You need a faucet with an escutcheon—a plate that covers all but the center hole.



ARTESSO 63225LF, from $720; *brizo.com*



TRINSIC PRO 9659, from $500; *delta faucet.com* (available late summer)



ALIGN SPRING, from $432.50; *moen.com*



3 SET UP ZONES

Save steps by assigning work space and storage to just about everything: baking, beverages, lunch making—whatever happens in your kitchen. That might mean separating similar items (like spatulas near the cooktop and the panini maker)—and that's OK.



YOU NEED ROOM TO WORK, SO **PUT AWAY ITEMS YOU DON'T USE EVERY DAY.** KEEP ONLY ENOUGH STUFF ON YOUR COUNTERS TO AVOID A LABORATORY LOOK.

PHOTOS: (KITCHEN) JOHN BESSLER, (UTENSIL HOLDER) BLAINE MOATS



4 / EXPAND YOUR LIGHTING OPTIONS

Pendants and undercabinet lighting are key players in ready-to-cook kitchens. You want a bright work space, but wouldn't it also be nice to turn down the lights when it's time to eat? Any pendant can be controlled with a dimmer switch, but be aware: You need to choose dimmable bulbs, and your dimmer switch should be new enough to sense what type of bulb you're using. You don't need an electrician to install undercabinet lights. Use an adhesive-back strip of LEDs that plugs into an outlet and operates by remote control. **OUR PICK** Style #3Y455, $59.99 for about 16 feet; *lampsplus.com*



5 OVERHAUL YOUR PANTRY

What's the easiest change you can make right now? Transfer your dry goods into airtight, clear glass jars. They maximize shelf space, and you'll always know when it's time to restock.

PHOTOS: (KITCHEN) BRIE WILLIAMS, (CANISTERS) MICHAEL PARTENIO

6/ KEEP YOUR GEAR IN SIGHT AND EASY TO REACH

Drawers and cabinet doors can sometimes seem inefficient. Open shelves are handy for dishes; just be sure they're used every day (or train yourself to put clean ones on the bottom) to discourage dust. Other out-in-the-open options: wall- or ceiling-mount pot racks, utensil holders attached to a backsplash, and pegboards with hooks.





CUT ABOVE

Designate a prep spot with a big cutting board, using smaller boards on top for meat or onions.

CATCHALL GROOVE
Lämplig bamboo, $14.99; *ikea.com*

NONSLIP EDGES
Polypropylene, $24.99; *oxo.com*

HAND GRIPS
Rectangle Carving teak, $95.99; *teakhaus.com* ■

PHOTOS: (KITCHEN) JOHN GRANEN, (CUTTING BOARDS) JACOB FOX


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just *chillin'*

Clean, cold, and organized: Whip your fridge into shape with smart ideas for space planning and versatile containers that store with style.

1

DOORS

They're the best spot for items that don't need the coldest storage: condiments, pasteurized juices, water, liquor, and soda.

2

LEFTOVERS

If they can be seen, they're more likely to be eaten. Glass is best for reheating. **Anchor-Hocking stackable containers,** sets from $34.99; *crateandbarrel.com.* **Bormioli Rocco Fido 3-Piece Set,** $22.26; *amazon.com.*

3

MILK & FRESH JUICE

Keep them in the body of the fridge where it's coldest. A large, sturdy turntable lets you see and reach everything. **Spin Tray,** $14.99; *containerstore.com.*

4

SNACKS

Make the healthy choices easy to grab. Keep bowls of fruit at eye level, hard-boiled eggs in an open-top crate, and cheese sticks in a drinking glass. **Ceramic Half-Dozen Egg Crate,** $12; *anthropologie.com.*

5

MEAT & POULTRY

Keep raw meats in a tray to catch drips, either on the lowest shelf or in the deli drawer. That way juices won't drip on your other food.

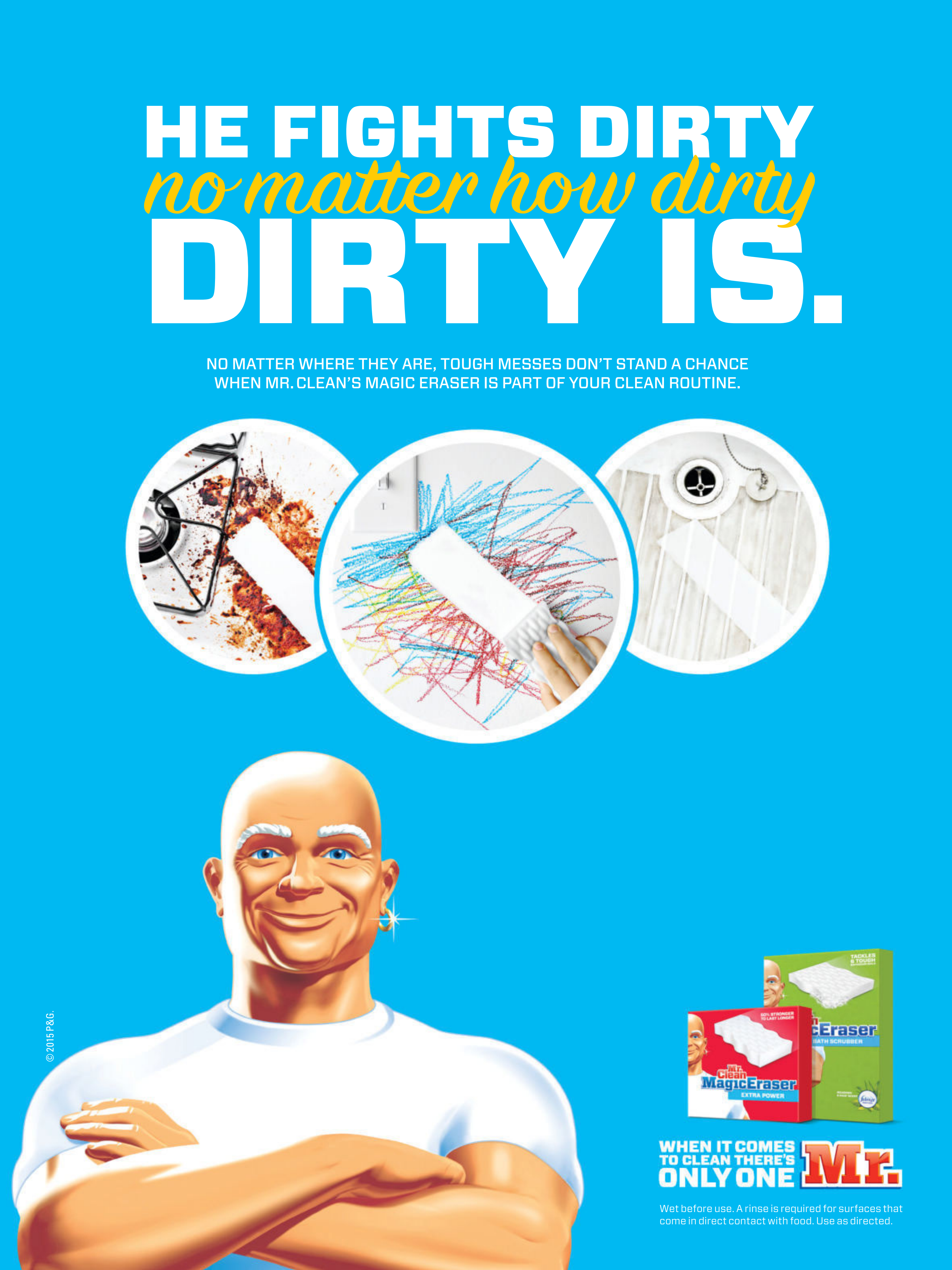


ELBOWROOM

When food is stashed any old way, who can find anything, let alone read expiration dates? An uncrowded refrigerator allows cool air to circulate, reducing waste, spoilage, and health risks.

This stony matte finish agrees with palettes neutral to bright. Bonus: no fingerprints! **GE 28.5 Cu. Ft. French-Door,** $2,000; *geappliances.com.*

PRODUCED BY MEREDITH LADIK; PHOTOS: CAMERON SADEGHPOUR


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6

DRAWERS
Use breathable, dividable containers in crisper drawers to corral fruits and veggies. **Like-It Bricks Medium Tall Bin,** $12.99, and **Translucent Dividers,** $2.99 for two; *containerstore.com.*

7

SHELVES
Protect them with a repositionable, easy-to-clean shelf liner. **Charcoal Gray Subtle Stripe Laminated Vinyl,** $32.50 for 10-foot roll; *chicshelfpaper.com.*

8

TRAYS
Group foods you use often—such as breakfast, lunch, or after-school snacks—onto trays. Slide them out for table use. **Pro Art Butcher Tray,** 13×17 inches, $20.21; *amazon.com.*

CUTTING EDGE

Open the refrigerator door to the future.



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2



3



1

4

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5

6

7

8

9

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2 **HANGING PLANTER** $68; *tinafreydesigns.com*
3 **RUG** Happy Yellow Stripe, 4×6 feet, $153; *dashandalbert.com*
4 **UMBRELLA** Bamboo and canvas, $67.99; *brookstone.com*
5 **NAPKINS** Mango, $49 for four; *farandwide collective.com*
6 **CHAIR** Poinciana Cadiz, $119.98 for two; *worldmarket.com*
7 **PILLOW** Genesis Mesa by Better Homes and Gardens®, $18 for two; *walmart.com*
8 **TABLE** Dexter, $499; *westelm.com*
9 **CARAFE** La Bamba by Global Amici, $38.99; *wayfair.com*

MARKET EDITOR: MONIKA BIEGLER EYERS


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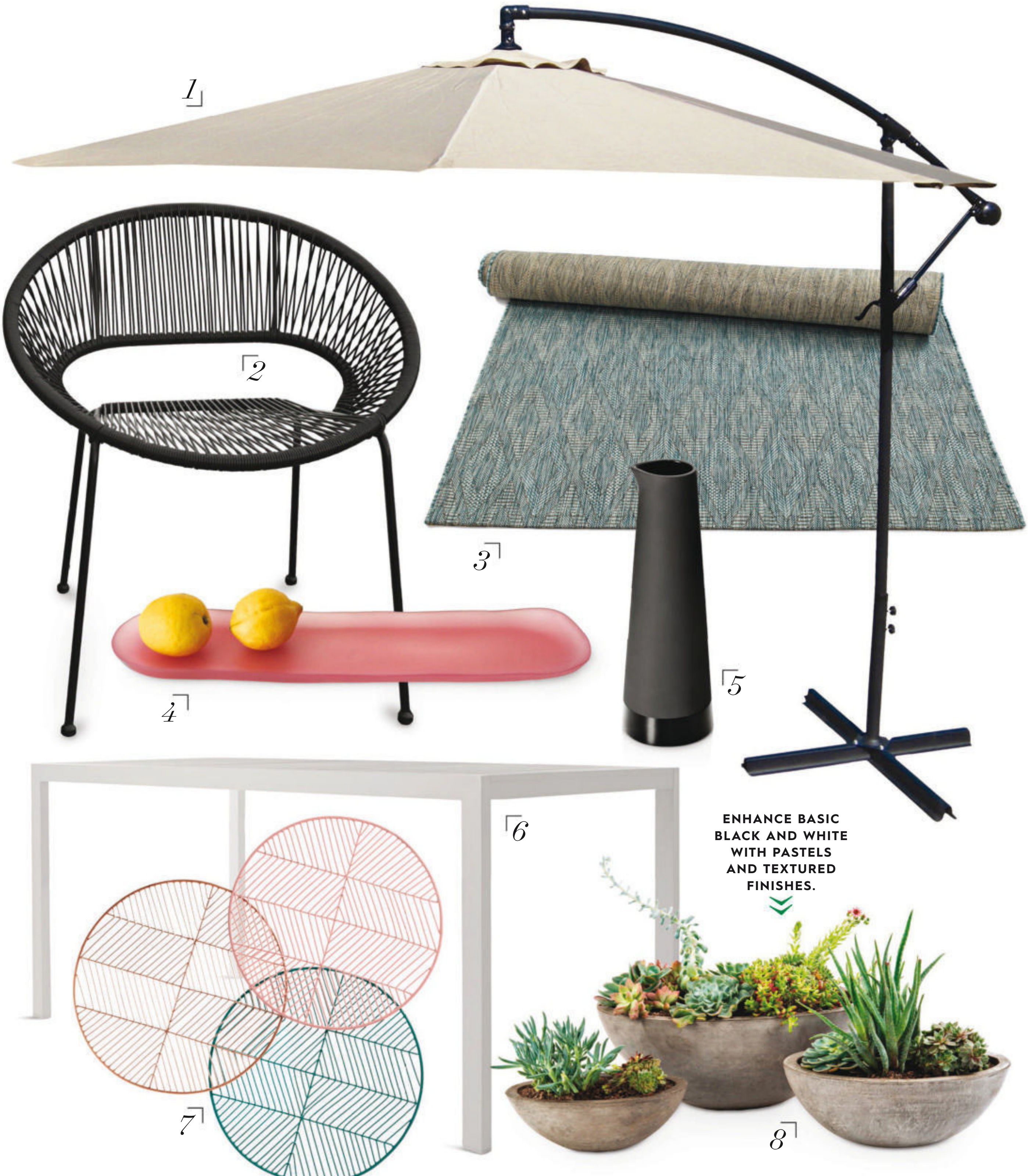


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BACKYARD YACHT CLUB

1 **UMBRELLA** Shade Star by Frankford Umbrellas, $136.36; *wayfair.com* 2 **RUG** Saylor, 5×7½ feet, $349; *ballarddesigns.com* 3 **PLANTER** Hand-Painted Chinese Planter, $299; *wisteria.com* 4 **DRINK DISPENSER** Cork-Lid Beverage Dispenser, $79.95, and Nito Base, $49.95; *williams-sonoma.com* 5 **CHAIR** South Haven, $199.95 (cushion sold separately); *pier1.com* 6 **PILLOW** Navy Medallion Oblong by Better Homes and Gardens, $8.87; *walmart.com* 7 **TABLE** Maitland by Wildon Home, $339.99; *wayfair.com* 8 **COASTER** Typographer's Linen, $38 for six; *markandgraham.com* 9 **BOWL** Threshold Striped Serving Bowl, $29.99; *target.com*



MODERN OASIS

1 **UMBRELLA** 10-Foot Natural Cantilever, $119; *worldmarket.com* 2 **CHAIR** Acapulco Side Chair by Harmonia Living, $299 for two; *wayfair.com* 3 **RUG** Biscayne in Aqua, 5 feet 3 inches × 7 feet 7 inches, $79; *homedecorators.com* 4 **PLATTER** Baguette Dish, $65; *tinafreydesigns.com* 5 **CARAFE** Naturally Cooling Ceramic Carafe by Simon Stevens for Magisso, $55; *aplusrstore.com* 6 **TABLE** Eos by Matthew Hilton, $810; *dwr.com* 7 **PLACE MATS** Register in Copper, Pink, and Teal, $11.95 each; *cb2.com* 8 **PLANTERS** Yano, $145 for three; *reposehome.com* ■

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OUTDOOR OASIS

Centsational Girl Kate Riley has a knack — with help from **hayneedle.com** — for helping outdoor spaces reach their full potential. She knows that small touches can make a big impact. Follow these simple tips to bring the best of the indoors out, and create an outdoor oasis in no time!

> “Think of your outdoor space as an indoor room. Stylish indoor spaces possess comfortable furniture, area rugs, curtains, and art ... so include the same outdoors.”



KATE RILEY,
BLOGGER AT CENTSATIONAL GIRL
2015 BHG BLOGGER AWARDS WINNER

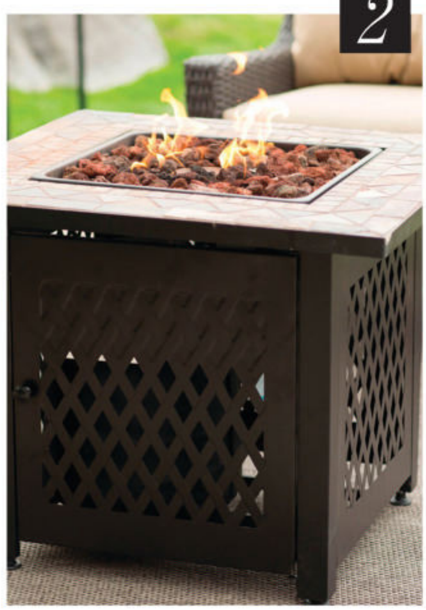
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2



ADD A BIT OF WARMTH

Fire pits create focal points and gathering areas. Use one to add ambiance to a patio party or warmth to extend the outdoor season.

3



REIMAGINE AND REUSE

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LAVENDER

This fragrant, easy-growing herb is famous for scenting soap. When used with a light touch, it adds a sweet, almost rosemary, flavor to summer recipes as well.



HARVEST LAVENDER FLOWERS BEFORE THEY ARE FULLY OPEN. HANG STEMS UPSIDE DOWN IN A DARK AREA. REMOVE BUDS WHEN DRY.

From small to tall, there are more than 450 varieties of lavender. A handful of our favorites:

1
'GROSSO'
This French type is one of the most fragrant. Tall stems are dramatic in bouquets.
24–36 inches

2
'NANA ALBA'
Pure white flowers on this dwarf English type appear luminescent in pots or as edging.
12 inches

3
'LULLABY BLUE'
Compact plants bear tall flower spikes in midsummer. Try this sweet-scented English species in a big pot.
18–24 inches

4
'IMPERIAL GEM'
Clusters of lasting deep blue flowers in midsummer make this English lavender a top choice for fresh and dried bouquets.
24 inches

5
'MADRID BLUE'
An early-blooming Spanish type, with perky white tufts over purple-blue flowers.
18–24 inches

6
'OTTO QUAST'
Another Spanish type with tidy, gray-green foliage and a top hat of winged petals. Snip back after flowering for rebloom.
36 inches

BY **MARTY ROSS** PHOTOS **LAURIE BLACK**

IN GOOD TASTE



NATURE'S CUE
Bees arrive when flowers are at their freshest and most fragrant, a sign that it's time to harvest.



FRESH FLAVORS
All lavenders are edible. Popular culinary types include 'Melissa' *(above)*, 'Hidcote', 'Folgate', 'Royal Velvet', and 'Munstead'.



CLASSIC FLAVORS
Lavender is one of the Mediterranean plants in herbes de Provence (a mix of dried herbs for seasoning), along with thyme, rosemary, marjoram, and oregano.

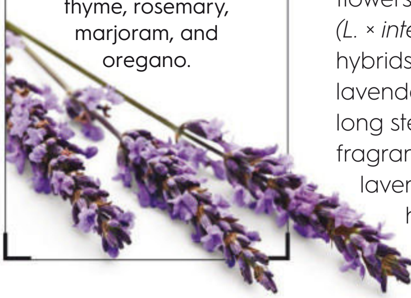


PHOTO: (REMOVING BUDS) PETE KRUMHARDT

BENEATH LAVENDER'S SWEET FACADE IS A TOUGH, DROUGHT-TOLERANT PERENNIAL THAT IS EVERY GARDENER'S DREAM. SILVERY FOLIAGE EXTENDS THE BEAUTY LONG AFTER FLOWERING.



'Anouk' lavender, 'Purple Palace' heuchera, and 'Angelina' sedum



'Betty's Blue' lavender

Lavender is most famously cultivated in sweeping fields in the South of France, where it turns the summer landscape into a patchwork of purple. But you don't have to travel to Provence to enjoy it.

■ **VARIETIES** English lavenders *(Lavandula angustifolia)* are the hardiest (Zones 5–9) and earliest to bloom, with dark blue or purple flowers. Lavandin types *(L. × intermedia)* are hybrids of English lavender, prized for their long stems and intensely fragrant flowers. French lavender *(L. dentata)* has narrow, serrated leaves. Flowers emit a camphor-like fragrance. French and Spanish lavender *(L. stoechas)* sport distinctive flourishes of petals that resemble tiny butterflies at the tops of flowers. Both Spanish and French types are tender perennials, hardy in Zones 7–9. They also tolerate humidity, making them good picks for Southern gardens.

■ **HOW TO GROW** Heat-loving lavender prefers well-drained soil in a spot that receives eight hours of full sun each day. A light-color mulch of gravel or oyster shells gives a reflective boost to these sun seekers. It also drains moisture, a common cause of crown rot, away from the bases of plants. Combine lavender with other drought-tolerant species, such as yarrow, coreopsis, and coneflower, that don't require regular watering once established. There's no need to fertilize, as these tough plants do best in lean soil. Remove deadwood in early spring, and shape after flowering by shearing back new growth by a third.

■ **BONUS** Deer and rabbits typically stay away from lavender, but butterflies and other beneficial pollinators love it.

BUYING INFORMATION: ***BHG.com/Resources***









LAVENDER IN THE KITCHEN

LAVENDER RUB

Mix **1 Tbsp. chopped fresh or dried lavender buds** with **1 tsp.** *each* **salt** and **pepper, ½ tsp.** *each* **dried thyme** and **basil,** and **¼ tsp. garlic powder.** Rub onto **chicken breasts** before grilling or roasting.

LAVENDER SYRUP

Heat **2 cups** *each* **sugar** and **water,** stirring to dissolve. Add a **small handful** of **fresh or dried lavender buds.** Pour into a bowl; cover. Let stand 2 to 24 hours. Strain off lavender. Chill up to 2 weeks. Swirl syrup in iced tea or spring cocktails.

LAVENDER BUTTER

Mash together a **stick of softened butter** with a **quarter-size handful of minced fresh or dried lavender buds.** Smear the butter on warm biscuits or scones or on toasted whole grain bread.

LAVENDER SUGAR

Pour **sugar** in a pint or quart glass jar. Toss in **fresh or dried lavender buds;** cover and shake. Let sit on the counter a few weeks, shaking occasionally. Sprinkle over fresh fruit or swap for regular sugar in shortbread cookies. ■

PHOTOS: BLAINE MOATS; FOOD STYLING: GREG LUNA; PROP STYLING: SUE MITCHELL

the dirt

LILAC *TIME*

WE ADMIT WE'RE GROUPIES FOR THESE FRAGRANT SHRUBS. FOLLOW THE FLEETING SEASON AT ONE OF THESE FESTIVALS.

ROCHESTER, NY *May 6–15*
Highland Botanical Park shows off its collection of more than 500 varieties—the largest lilac collection in the United States. Classic French hybrids *(Syringa vulgaris)* include 'Sensation', *right,* and 'Frederick Law Olmsted', named for the landscape architect who designed New York City's Central Park and Boston's Arnold Arboretum. *lilacfestival.com*

BOSTON *May 8*
The Arnold Arboretum of Harvard University is home to the National Collection of Lilacs. Lilac Sunday comes at the peak of the April–June blooming season. *arboretum.harvard.edu*

MACKINAC ISLAND, MI *June 3–12*
This 10-day celebration in the Great Lakes region occurs a bit later. Events include a parade and coronation of a lilac queen. *mackinacisland.org*



INTRODUCED IN 1938, BICOLOR 'SENSATION' IS STILL A CROWD-PLEASER.

LATE BLOOMERS

Keep the pink and purple scheme going all summer.



'PURPLE PILLAR'
A new columnar rose of Sharon, for hedges and tight places. 10–16 feet; Zones 5–9



'PINK PERFUME'
The latest addition to the Bloomerang series of reblooming lilacs. 5 feet; Zones 3–7



'SUMMER SKIES'
Variegated foliage gives a new twist to heat-tolerant butterfly bushes that bloom all summer. 4–5 feet; Zones 5–9

PHOTOS: PROVEN WINNERS

[INSPIRATION]

TAKE MOM OUT TO CELEBRATE NATIONAL PUBLIC GARDENS DAY WITH FREE ADMISSION ON MAY 6. TO FIND A PARTICIPATING GARDEN IN YOUR AREA, GO TO *NATIONALPUBLICGARDENSDAY.ORG.*

BY JANE AUSTIN MILLER ILLUSTRATION EVA JULIET


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Banks, born 16 weeks premature

GARDENER'S BOOKSHELF

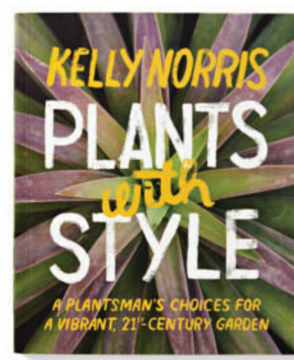
Our favorite new garden titles include something for every interest, from grounded design to rooftop farming.



THE ART OF GARDENING
Design inspiration from Chanticleer Garden, an estate and botanical garden near Philadelphia. By R. William Thomas and staff gardeners, photos by Rob Cardillo. Timber Press, $34.95



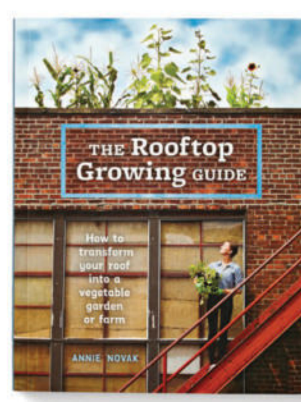
THE WATER-SAVING GARDEN
Pam Penick's guide for drought-prone areas. Ten Speed Press, $19.99



PLANTS WITH STYLE
Kelly Norris advocates varieties that thrill, not just fill the bill. Timber Press, $24.95



POLLINATOR FRIENDLY GARDENING
Rhonda Fleming Hayes welcomes bees and more. Voyageur Press, $21.99



THE ROOFTOP GROWING GUIDE
Annie Novak takes gardens to a new level. Ten Speed Press, $23 ■

PHOTOS: JACOB FOX

BUYING INFORMATION: *BHG.com/Resources*


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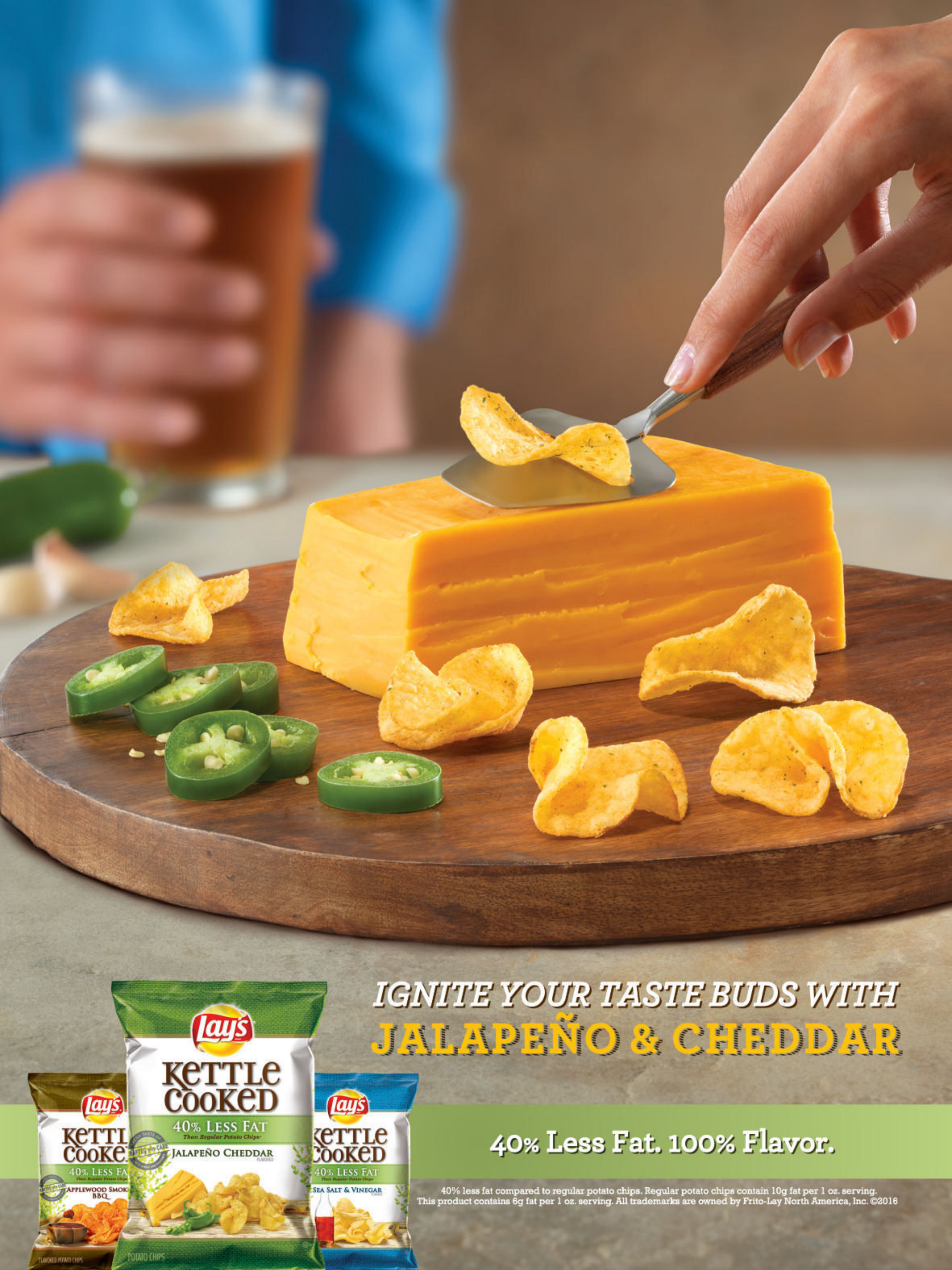
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CRAVINGS

GREEN *GARLIC*

A true sign of spring: green garlic, piled in abundant mounds at farmers markets. It's essentially baby garlic—sweeter and more subtle—with a long green top and maybe a tiny bulb at the end. This irresistible twist on garlic bread is our favorite way to enjoy these fleeting stalks. Throw them on the grill whole, chop fine, whirl with olive oil, and slather on grilled bread. Need a sub? Try green onions.

PHOTO **ANDY LYONS** FOOD STYLING **GREG LUNA**

how to cook PAVLOVA

There's no shortage of oohs and aahs when you set out this showstopping meringue dessert—and it's easier than you think!



» A SCATTERING OF EDIBLE ROSE PETALS IS EXTRA-SPECIAL FOR MOTHER'S DAY.

PAVLOVA (pav-LOH-vuh) is a thick, cloudlike meringue with a delightfully crunchy exterior and a soft, slightly chewy marshmallow interior that's topped with whipped cream and fresh fruit. There's debate about where it originated (Australia and New Zealand both lay claim), but what we know for sure is that it's named after Russian ballerina Anna Pavlova, who's said to have danced as if lighter than air. Making meringue might sound intimidating—but a few secrets will help you get the sometimes tricky texture just right. Plus, one of the fabulous things about pavlova is its built-in forgiveness.

FOOD STYLING: JILL LUST; PROP STYLING: SUE MITCHELL

BY **MAGGIE GLISAN** PHOTOS **ANDY LYONS**



Don't like to share? Make individual pavlovas. Here, we swapped ½ tsp. orange water for the rose water and topped with lemon curd (instead of cream), ultrathin slices of Key limes, Meyer lemons, clementines, and a scattering of fresh basil leaves.

ON THE COVER
We topped the lemon curd with blueberries and blackberries (tossed with a little sugar), lemon peel, and fresh mint.

BAKING POINTERS

CLOSE THE DOOR
Keep the oven door closed while the pavlova bakes. A sudden change in temperature can cause the meringue to crack or collapse.

BAKE LOW AND SLOW
If you notice that it's starting to brown, lower your oven temp 15°F. When it's finished baking, the outside will be mostly dry to the touch.

LET IT REST
When the pavlova is baked, turn off the oven and don't open the door. The pavlova continues to dry on the outside while staying more marshmallowy inside.



Let the children eat peanut butter.

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STRAWBERRY, MANGO & ROSE PAVLOVA

Cream of tartar and lemon juice help stabilize the egg whites and contribute to volume. Cornstarch is a stabilizer, too, but it also aids in creating the soft inner texture.

HANDS-ON TIME 1 hr.
TOTAL TIME 4 hr., 30 min.

6 egg whites
⅛ tsp. cream of tartar
1½ cups sugar
1 tsp. lemon juice
¼ tsp. rose water or ½ tsp. vanilla
2½ tsp. cornstarch
4 cups sliced mango and strawberries
2 Tbsp. sugar
1½ cups whipping cream
½ cup mascarpone cheese

1. Allow egg whites to stand at room temperature 30 minutes (this helps create more volume). Meanwhile, line a baking sheet with parchment. Draw a 9-inch circle on the paper. Invert paper so circle is on reverse side.
2. Preheat oven to 250°F. For meringue, in the bowl of a stand mixer fitted with the whisk attachment* beat egg whites, cream of tartar, and a pinch of *salt* on medium speed until soft peaks form. Add the 1½ cups sugar, 1 Tbsp. at a time, beating on high speed until stiff peaks form and meringue is no longer gritty (18 to 20 minutes), scraping down bowl as needed. Beat in lemon juice and rose water. Using a rubber spatula, gently fold in cornstarch.
3. Spread meringue over circle on parchment, building up edges slightly to form a shell. Bake 1½ hours (do not open door). Turn off oven; let dry in oven with door closed 1 hour. Remove; cool completely on sheet on wire rack.
4. In a large bowl toss mango and berries with the 2 Tbsp. sugar. Let stand 20 minutes.
5. Meanwhile, in a large mixing bowl beat cream and mascarpone with an electric mixer on medium speed until soft peaks form. Place meringue shell on a large platter. Spread cream mixture into meringue shell. Spoon fruit mixture on top. Serve immediately.
*You can also use a hand mixer. Note the total beating time might be a little longer and the total volume a little less than with a stand mixer.
For individuals Prepare meringue as directed. Spoon 8 mounds (about ¾ cup each) 3 inches apart on a parchment-lined baking sheet. Using the back of a spoon, create an indent in each. Bake 1 hour. Dry in oven; cool as above.
EACH SERVING *284 cal, 15 g fat, 54 mg chol, 55 mg sodium, 34 g carb, 2 g fiber, 3 g pro.*

SECRETS TO SUCCESS



1 PAN PREP Part of the trick to the meringue is getting the right size and thickness so the baking time will hit the mark. Trace a 9-inch plate to ensure success.



2 SOFT PEAKS It's time to add the sugar when the egg whites look foamy and just begin to hold their shape, forming soft, droopy peaks when you lift the beater.



3 STIFF PEAKS The meringue is ready when the mixture forms stiff, glossy peaks (the tips will stand straight) and all the sugar has dissolved.



4 GRIT TEST Rub a little meringue between your fingers. You should feel just a granule or two of sugar. If it feels gritty, beat just another minute.



5 GENTLE FOLD Be careful not to deflate the volume created by beating air into the meringue. Use a spatula to lightly fold in cornstarch.



6 EASY SHAPE Use the back of a spoon to push the meringue toward edges to create a shallow bowl. This gives your cream and fruit a place to sit. ■


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CREAMY SPRING VEGETABLES & SMOKED TROUT

NOT TOO RICH
Cream doesn't need to be code for *heavy.* Peppery watercress and a veggie trio—peas, carrots, and mushrooms—make this sauce light and springy.

FOOD STYLING: JILL LUST; PROP STYLING: SUE MITCHELL

RECIPES **ANNA KOVEL** PHOTOS **ANDY LYONS**


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CROWD-PLEASER
These easy Italian sandwiches make a satisfying dinner on the fly. But with prosciutto, artichokes, basil, and lemon zest (and let's not forget fresh mozzarella), they're special enough for company, too. Make them bite-size with mini ciabattas for a spring party buffet.



CREAMY SPRING VEGETABLES & SMOKED TROUT

Hot-smoked trout has an intense, salty flavor and flaky texture. You could easily swap in hot-smoked salmon or even high-quality tuna.
TOTAL TIME 20 min.

- **1 Tbsp. olive oil**
- **1 Tbsp. unsalted butter**
- **8 oz. cremini or other mushrooms, sliced**
- **3 medium carrots, thinly bias-sliced**
- **⅔ cup fresh shelled or frozen peas**
- **½ cup whipping cream**
- **8 oz. smoked trout, skin removed**
- **2 Tbsp. chopped fresh chives**
- **1 large bunch watercress, tough stalks removed**

1. In a large skillet heat olive oil and butter over medium heat. Add mushrooms; cook 2 minutes or until they release their liquid. Stir in carrots. Cover. Cook 3 minutes. Uncover. Add peas, cream, ¼ cup water, ¼ tsp. *kosher salt*, and ¼ tsp. *ground black pepper.* Bring to boiling; reduce heat. Simmer, uncovered, 4 minutes or until peas are tender, stirring occasionally.
2. Break trout into large pieces; gently stir into vegetable mixture. Reduce heat to medium. Heat through. Stir in chives. Top with watercress. Makes 4 servings.
EACH SERVING *294 cal, 21 g fat, 84 mg chol, 755 mg sodium, 11 g carb, 3 g fiber, 17 g pro.*

Pin it! **BHG.com/Trout**

PROSCIUTTO & ARTICHOKE PANINI

You don't need any special appliance to make panini at home. A second pan weighted with a few cans from the pantry works as a DIY press.
TOTAL TIME 20 min.

- **4 ciabattas or other crusty rolls, split**
- **1 Tbsp. extra-virgin olive oil**
- **1 8-oz. ball fresh mozzarella, sliced**
- **8 large basil leaves**
- **1 6-oz. jar marinated artichoke hearts, drained**
- **8 thin slices prosciutto (3 oz.)**
- **1 lemon, zested**

1. Drizzle cut sides of rolls with olive oil. For each sandwich, layer mozzarella, basil, and artichokes on bottom bread half. Top with prosciutto. Sprinkle with zest and *black pepper.* Add roll top.
2. Heat a large, heavy skillet over medium heat. Place 2 sandwiches in pan; top with a pan weighted with canned food. Cook 4 minutes or until golden. Remove weighted pan; turn. Replace weighted pan; cook 3 minutes more or until browned and cheese melts. Repeat with remaining sandwiches. Makes 4 servings.
EACH SERVING *360 cal, 18 g fat, 55 mg chol, 1,159 mg sodium, 26 g carb, 2 g fiber, 20 g pro.*

Pin it! **BHG.com/Panini**

So, what's for dinner? **Enter up to four on-hand ingredients and access 1,000s of recipes.** ***BHG.com/DinnerMenu***



Reynolds Kitchens

Endless TABLE

TERIYAKI TUNA STEAKS

2 tuna or swordfish steaks (5 oz. each)

1 can (8 oz.) pineapple chunks in juice, drained

2 tablespoons teriyaki sauce

1/2 teaspoon grated fresh ginger

1/4 teaspoon salt

1 cup frozen mixed vegetables for stir-fry

DIRECTIONS

1. PREHEAT oven to 450°F or grill to medium–high.
2. CENTER one tuna steak on each sheet of Reynolds Wrap® Non-Stick Foil with non-stick (dull) side toward food; top with pineapple chunks. Combine teriyaki sauce, ginger and salt; spoon over tuna and pineapple. Arrange vegetables beside tuna.
3. BRING up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make two packets.
4. BAKE 16 to 18 minutes on a cookie sheet in oven OR GRILL 8 to 10 minutes in covered grill.



For more recipes

from the Reynolds Kitchens Endless Table visit **reynoldskitchens.com** and **@reynoldskitchens**



QUICK & HEALTHY
Grain salads are fast to make and easy to customize. (They also make an excellent next-day lunch.) Nutty farro and toasted almonds are a hearty complement to crisp-tender asparagus, fresh baby greens, and a big squeeze of lemon.

ASPARAGUS & GREENS WITH FARRO

You can significantly cut the farro's cook time: Cover with water and soak in the refrigerator overnight, then drain and cook as directed. It will take just 10 minutes of simmering to get tender.

HANDS-ON TIME 20 min.
TOTAL TIME 40 min.

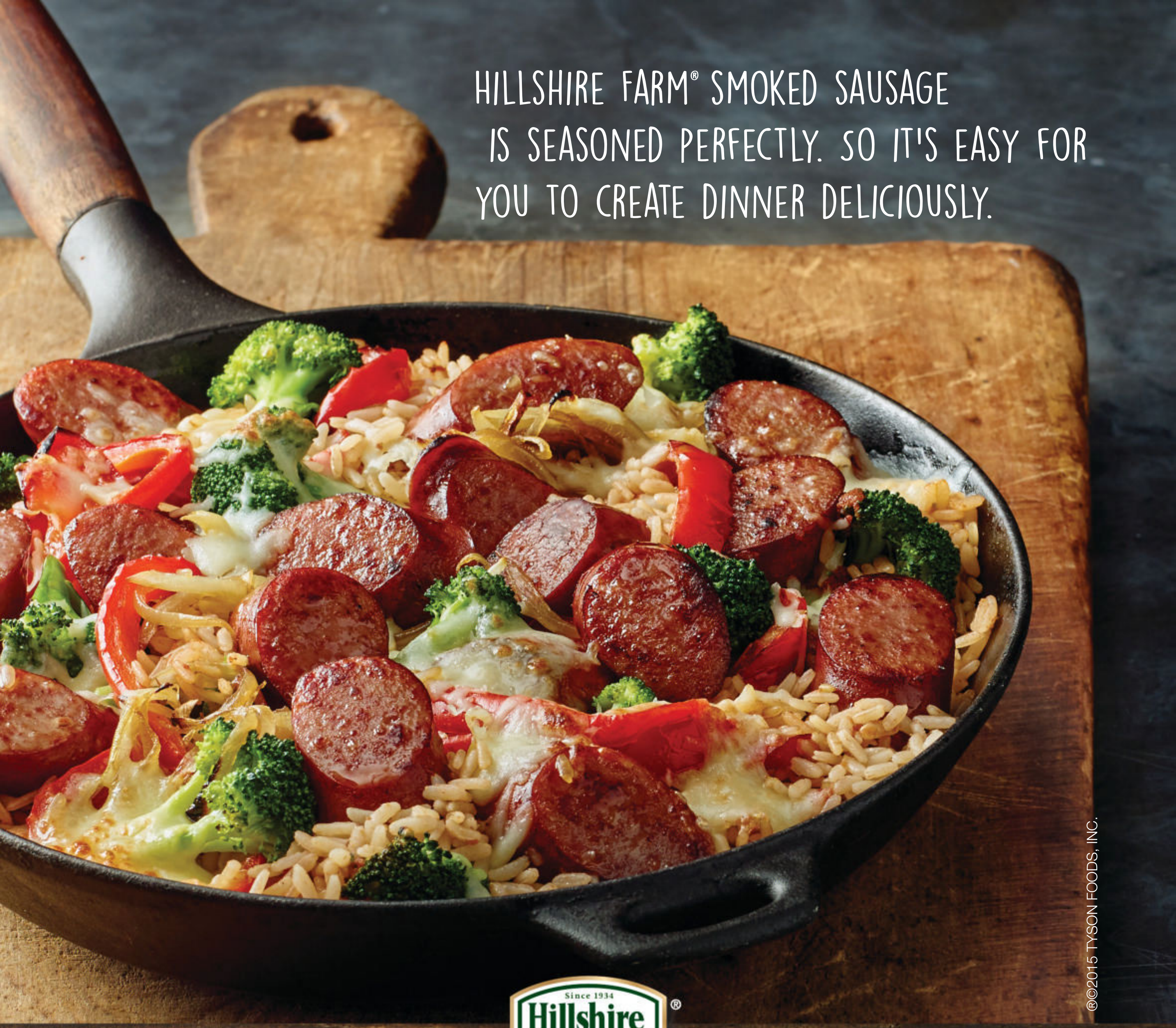
- 1 cup uncooked farro
- 1 bunch thin asparagus, trimmed and cut into 2-inch pieces
- Juice of 1 lemon (3 Tbsp.)
- ½ cup whole almonds, toasted and coarsely chopped
- 1 Tbsp. extra-virgin olive oil
- 3 cups baby spinach, baby kale, and/or baby mustard greens
- ⅓ cup shaved Parmesan cheese (1 oz.)

1. In a medium saucepan bring 3 cups water to boiling; add farro. Reduce heat. Simmer, covered, 30 minutes or until just tender; drain. Meanwhile, place a steamer basket in a large skillet. Add water to just below basket. Bring water to boiling. Add asparagus to basket. Cover; steam 3 minutes or until crisp-tender. Transfer to a large bowl.

2. Add farro to bowl with asparagus. Drizzle with lemon juice while still warm. Stir in almonds, olive oil, ½ tsp. *kosher salt*, and ¼ tsp. *black pepper*. Add greens. Toss to coat. Top with Parmesan. Makes 4 servings.

EACH SERVING *360 cal, 15 g fat, 5 mg chol, 447 mg sodium, 43 g carb, 10 g fiber, 15 g pro.* ■

Pin it! **BHG.com/FarroSalad**



Easy Smoked Sausage Skillet

Serving Size: 4-6 Total Time: 20 minutes

Ingredients :

1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
2 cloves garlic, crushed
¼ cup olive oil
1 large red bell pepper, sliced thin
1 small yellow onion, sliced thin
1 pkg. frozen broccoli, thawed
½ cup chicken broth (or water)
½ cup tomato sauce
2 cups instant rice
½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.



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Little Debbie
Oatmeal Creme Pies



SOUL STIRRING

Cooking is an adventure—
a way to explore,
sustain, delight, unite, and
express. Who's ready to whip up
a little culinary creativity?

PHOTO **ADAM ALBRIGHT**



HOW WE GET OUR NUMBERS

For the past 25 years, The Better Homes and Gardens® Food Factor Study has polled more than 2,000 women age 18-plus for insights into food, shopping, and cooking habits in the United States.

BY **HALI RAMDENE** PRODUCED BY **NANCY WALL HOPKINS**
PHOTOS **AYA BRACKETT** FOOD STYLING **ROBYN VALARIK**
PROP STYLING **CHRISTINE WOLHEIM**

The DINNER REPORT

BETTER HOMES AND GARDENS HAS BEEN A KEY PART OF THE EVOLUTION OF THE AMERICAN DINNER FOR NEARLY 100 YEARS. IF THERE'S ONE THING WE'VE LEARNED, IT'S THAT DINNER HASN'T GONE AWAY, BUT IT DOES KEEP CHANGING. Whether you're setting the table for a family of five or for one, making a meal at home is still high on the priority list. No matter what we're cooking (or not cooking), we're doing it smarter and faster, and making it a practice rather than a production. In these next pages we share tips, stories—and yes, even a few stats—to help you make dinner meaningful every night. And, of course, there are recipes. Find them (all 17!) on *page 134*.

THE NEW HOME COOKING

Dinner has a lot to live up to these days. It needs to nourish us and entertain us. If we're talking about a weeknight, it needs to be on the table in less than an hour. We've met these challenges with enthusiasm, and our readers report heading back to the kitchen to cook dinner in record numbers. We still crave comfort, and today it comes with a side of healthy; our visits to the farmers market reflect a renewed interest in where our food comes from. Bottom line: Plan ahead when you can, don't sweat a pizza delivery night, and never turn down a second helping of vegetables.

1 DINNER IS CLASSIC

Chicken's still our protein of choice, but thighs are now king for economy, flavor, and their forgiving ability to stay moist and tender. Make nice with the butcher and get them skin-on and/or bone-in.

2 DINNER IS HEALTHY

42 percent of women want to eat more healthfully. For us, healthy is fresh, and it's a whole lot more veggies—whatever the "it" veg might be. Meatless Mondays, here we come!

3 DINNER IS EXPRESSIVE

More than two thirds of women in the United States say cooking is a creative outlet for them, and almost 75 percent regularly experiment and cook new dishes at home.

4 DINNER IS PLANNED AHEAD

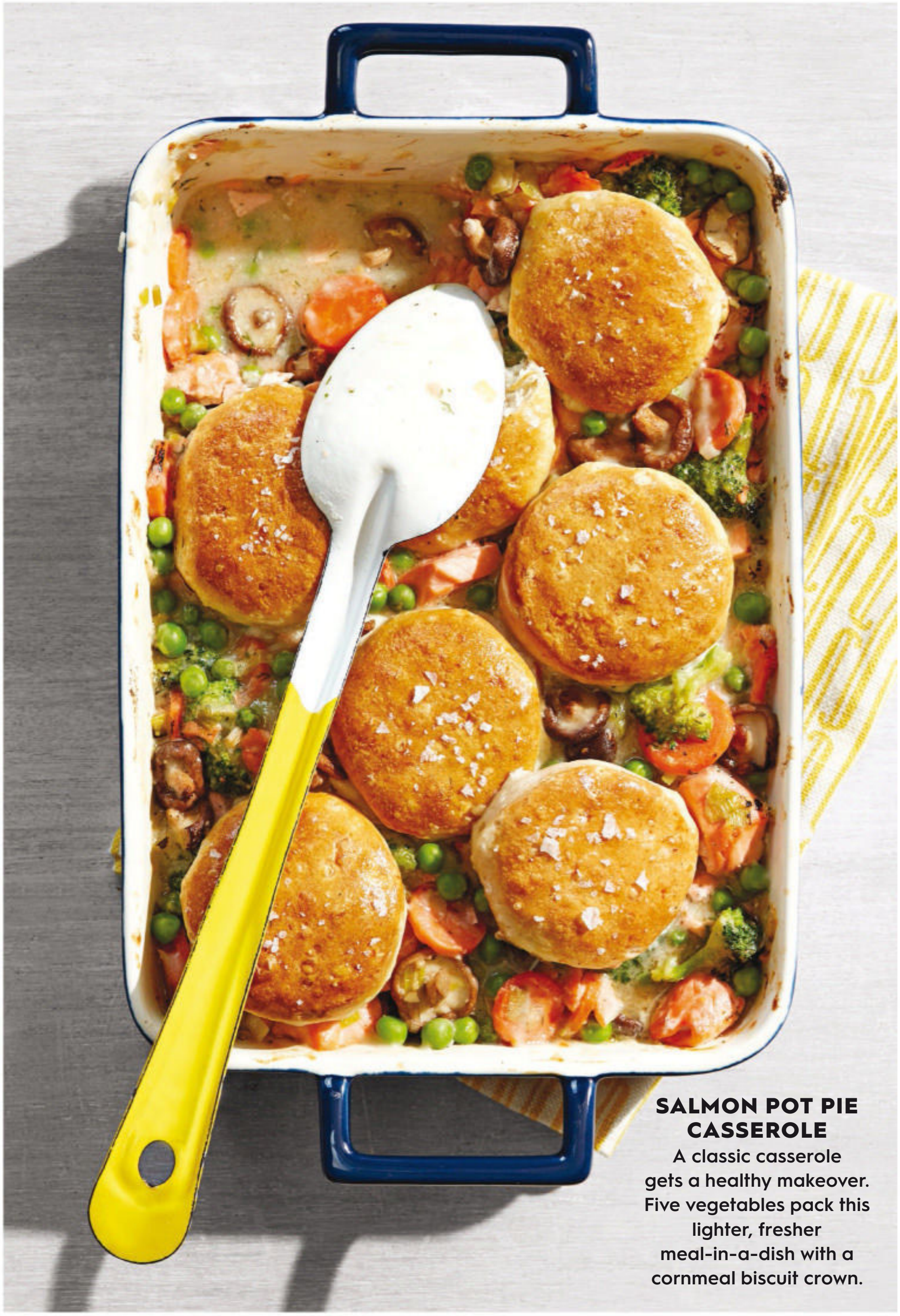
On Sundays, we prep. Let's face it, we haven't found any secret pockets of time, so we're cooking smarter. Case in point: Sunday roast chicken is also Monday's tacos or Tuesday's salad.



BY THE NUMBERS

79%

of women typically eat dinner at home five or more nights a week. And it's not just out of necessity. 80 percent say cooking is an important part of family traditions, and 74 percent say it's a critical part of how they entertain.



SALMON POT PIE CASSEROLE

A classic casserole gets a healthy makeover. Five vegetables pack this lighter, fresher meal-in-a-dish with a cornmeal biscuit crown.



COOKBOOK AUTHOR KATIE WORKMAN

LET'S GET REAL

The cloth napkins are pressed, the tapers are lit, and the butter roses glisten in their dainty saucers. Whaaaa? Just kidding! If this is dinner at your house, you should feel very pleased with yourself (or with your *Downton Abbey*-esque staff). Perhaps last night's dinner included a store-bought rotisserie chicken and a salad with homemade vinaigrette. Perhaps last Sunday's dinner featured a slow-braised pork shoulder and a tart made with a refrigerated piecrust. Perhaps tonight's dinner involves a frozen lasagna. Every day has its own reality. We need to ease up on ourselves for not making dinnertime feel like a nightly Olympic event. Are you sitting down for a meal with your brood on a somewhat regular basis? Is the food delicious and comforting and (mostly) healthful? You, my friend, are doing a freaking great job. And the good news? Another day, another dinner, another chance for sharing the table.

WHEN COOKS GARDEN

Remember all those veggies we're eating now? We're also growing lots more of them ourselves.

■ Gardening is the No. 1 hobby for women in the United States. ■ Nearly 1 in 5 women in the United States grow some of their own food. ■ One third of millennials are growing edibles, whether it's a small pot of basil on the patio or a few raised beds with a variety of produce. ■ Five million more households are digging in and planting than six years ago.

What's on your plate? **Share your favorite dinner on Instagram. Tag it #BHGDinner, and we'll regram our faves!**

ILLUSTRATIONS: EMMA KELLY; RECIPES: KATIE WORKMAN



SLURPING ENCOURAGED
Noodles find their way onto about every culture's dinner table. Sample the world with these easy noodle bowls, from the Spanish bowl filled with chicken and asparagus to the Indian bowl with sweet pepper and snap peas.

SESAME DAN DAN NOODLE BOWL

SHRIMP CURRY NOODLE BOWL

ASPARAGUS NOODLE BOWL

EATING IN LIKE WE EAT OUT

There's more than one way to taste the world—go directly to the source, or visit a restaurant that's done the traveling for you. When global flavors become the souvenir you bring home, your kitchen suddenly becomes the most exciting place to grab a meal. Stock your pantry with global ingredients and be fearless about trying new recipes. Sometimes that's all it takes to make dinner a boundless and borderless affair.

PEPPER HAKKA NOODLE BOWL

SOBA NOODLE BOWL

BY THE NUMBERS

63%

of women like to experiment with regional or ethnic food in their cooking, with 78 percent always looking to bring in new flavors.

THE PANTRY'S GONE GLOBAL

If sriracha has taught us anything, it's that global goes with everything. The key is to keep a few ingredients from different cuisines on hand so next time you're on the hunt for flavor, you won't have to look very far. Once an ingredient is in your pantry, it's yours to play with.



PRESERVED LEMONS
Lemons are the kitchen workhorse. But when salt-cured and turned into preserved lemons, they last indefinitely in the fridge, lose their acidic pucker but maintain an intensely lemony flavor, and develop a velvety texture that makes rind and pith edible. Rinse off the brine before using.



TAHINI
Sesame paste, aka tahini, is finally moving beyond hummus into irresistible cookies, chicken marinades, creamy salad dressings, and all kinds of dips and sauces.



SMOKED PAPRIKA
Best known for its role in Spanish food, smoked paprika's ability to impart a rich smokiness to dishes has earned it legions of vegan and vegetarian fans looking for flavors similar to bacon.



KIMCHI
Kimchi is the name for the many bright, crunchy, salty vegetable dishes—often fermented though sometimes fresh, spicy or not—served with Korean meals. Cabbage is most popular, but radish and green onion are tasty, too. We love it on top of scrambled eggs.



COTIJA
Sometimes called Mexican Parmesan, cotija is dry and salty and maintains its granular texture even in heat, making it ideal for sprinkling on hot grilled corn—or anywhere else cheese is required.



BLACK RICE
Loved for its abundance of nutrients and jewel-like dark purple color, black rice has the nutty flavor of its brown sibling and the tender texture of white rice.



COCONUT OIL
A high smoking point, a light coconut flavor, and a silky texture that melts the minute it hits the heat have made coconut oil a new staple in the kitchen for cooking and baking.



HARISSA
Chiles and roasted red peppers give harissa its vibrant hue. Spiced with cumin and coriander, this North African condiment has an earthy, smoky quality. Swirl in Greek yogurt for a dip or toss with carrots before roasting.



CHICKPEA FLOUR
Chickpeas make a naturally gluten-free flour (also called gram flour) that's been used for centuries. It delivers protein and fiber along with a sweet and nutty flavor. Use it as a binder in meatballs or a coating for the crunchiest roasted vegetables.



TV HOST JOANNE WEIR

WHERE TO TONIGHT?

In 1975 I took a cooking class at Casa Romero in Boston. At the time, I'd never even tasted an avocado or serrano chile, let alone traveled to Mexico. But one bite of Chef Leo Romero's rich, creamy guacamole and I was transported. This wasn't the beginning of my love affair with food. That took place years earlier under a walnut tree on my grandfather's farm. But this was the first time I discovered the incredible ability to travel through food. Ingredients have the power to whisk me around the globe for a meal. Preserved lemons in a tagine, I'm in Morocco. Pimenton on my patatas bravas and it's Spain tonight. It's what keeps me excited about cooking and keeps people coming to my table. I take an exotic edible escape every time I cook with global ingredients. I'll always be grateful to Chef Romero for that magical Mexican getaway. It's on my itinerary again this week, right after Greece, France, and Thailand.

RECIPES: DAVID JOACHIM

WE ARE WHAT WE DON'T EAT

With 59 percent of women declaring they're eating healthier than just a few years ago, it comes as no surprise that we're paying closer attention to how food makes us feel. Restrictions or not, the shift in what makes it to the table has affected how we all eat, opening the doors to a whole world of ingredients that might have otherwise gone undiscovered.



BY THE NUMBERS

86%

of women are trying to control the healthfulness of the meals they prepare, making cooking at home more important than ever. The curiosity about other dietary strategies has transformed juicing and gluten-free products into billion-dollar industries. And vegetarians account for 5 percent of the U.S. population.

SOCCA FRIDAYS

Don't ditch pizza night. Make room for socca! The gluten-free chickpea flatbread is super easy to make and best when piled high with bold-flavored toppers. There are no rules: You can slice or tear it in half, or even pull off bite-size pieces—every taste is a party. Try our favorite go-withs *(clockwise from top left)*: Olive Relish, Sweet-Spicy Cherries, Garlic Lentil Salad, Chile Zucchini Topper, Radish Salad, and Smoky Carrot Spread.



VERDE RISOTTO

Diet restriction? Even risotto can fit on your plate. This dish offers the creamy richness of traditional comfort food thanks to a silky spinach and basil pesto and plenty of stirring. It's heavier on the vegetables, completely vegan, and gluten-free.



COOKBOOK AUTHOR HEATHER CHRISTO

JUST WHAT WE NEED

Each day I work the puzzle pieces of our nightly dinner. In that respect, dinner in my house is not unlike most families' these days. But because my family is riddled with food allergies, dinner has become an art form where the management of a unique list of restrictions still has to result in one delicious, low-stress meal. Years ago, as I bid adieu to my usual-suspect ingredients (gluten, dairy, and eggs included), I found myself totally overwhelmed by re-creating my cooking style. But the truth is, the process has inspired a discovery of new ingredients like chickpea flour and an array of coconut products. Now I create fresh, vibrant dishes I feel wonderful about feeding my family—and enjoy cooking! In our kitchen, we don't think about what we can't have. Instead, we choose to make room for everything we can. That's made dinner an adventure that is easy and delicious. ■



GRAINS 2.0

All this health consciousness and kitchen curiosity has opened up a big wide world of grains. Mix it up, and try something new!

■ **1. FREEKEH** Subtly smoky from roasting, freekeh comes from green wheat and has probiotic properties. Turn it into a side dish with herbs. ■ **2. BARLEY** Barley's springy bite—a result of gluten—makes it a good base for salads and stir-fries. Whole grain (not pearled) barley is a fiber superstar. ■ **3. BULGUR** Make this quick-cooking, B-vitamin-packed whole wheat grain the base for a meatless burger. ■ **4. FARRO** Hulled, semipearled, or pearled varieties are quickest, but whole wheat farro is most flavorful. ■ **5. MILLET** Gluten-free because it's a seed, millet is relatively high in protein and works in both sweet and savory dishes.

RECIPES: HEATHER CHRISTO

Recipes begin on page 134.

The food, the dishes, even the table—it's all homemade when this Vermont family sits down to breakfast.

The Farmhouse Life



BY **PAIGE PORTER FISCHER** PHOTOS **HELEN NORMAN** FOOD STYLING **SIMON ANDREWS**
PRODUCED BY **NANCY WALL HOPKINS AND JESSICA THOMAS**



"In a time when nearly everything is throwaway, we wanted to return to the idea of heirlooms and create handmade pieces that could be used—and passed down—from one generation to the next," says James Zilian, co-owner with his wife, Zoe, of Farmhouse Pottery. The perforated berry bowl on the left side of the table was the first design James created for his daughters, Mia, 8, and Ava, 6. It helped launch the business, which now includes everything from kitchen and tableware to furniture and linens.













SOMETIMES LIFE IMITATES ART. And sometimes it's the other way around. For Zoe and James Zilian, their pottery business was a byproduct of their lifestyle. The couple traded city life in Boston for a pastoral one in Vermont, where they fell for a modest-size Colonial ringed with apple trees and blueberry bushes. They took down walls and added plenty of white paint to reinvent it as a sprawling farmhouse—their dream. "We thought we hit the lottery when we moved to Woodstock," James says. "We'd been longing for a slow and simple life, with more inspiring aesthetics, too."

James, then the design director for a glass and pottery company, turned the home's basement into a ceramics workshop—complete with a kiln—where he could create anything he was inspired to. "I wanted our girls to have nice bowls for blueberry picking, so I asked James to make a couple," Zoe says. "I loved them so much, I asked him to make a pitcher." Mixing bowls and crocks followed. The basement soon grew crowded with James' stoneware, and it occurred to the couple that the art he was creating for his family life might actually be appealing to other people, too.

Clockwise from top left: **The family's weekend mornings revolve around hearty breakfasts. James left a few of his own vases unglazed because he loves the natural colors of the clay. In the kitchen, the white palette is broken up by earth-and-sea-inspired neutrals. A metal bookshelf holds cookware, cutting boards, and cookbooks. "Often, while we're cooking, the girls hang out in their little art center and draw," Zoe says. But when they join the pancake-making action, little hands make light work.**

“I’m always looking for a way to have more syrup in my diet,” says James, whose specialty is thick-cut bacon with a maple syrup glaze and pecan coating. A make-ahead potato egg casserole gets an indulgent upgrade with Asiago and arugula, and a classic mimosa goes farm stand with muddled chunks of strawberries and oranges—and, of course, a maple syrup drizzle.



RECIPES
ON PAGE 142



Oatmeal is a staple in the Zilian house, but these aren't your everyday oats. Topped with coconut, raspberries, and orange zest, this overnight version is a feast.



“Unsurprisingly, our style is modern farmhouse,” says Zoe, who loves the easy care of slipcovered furniture. Accents in maritime colors remind her of the coast of Maine, where she grew up. “We really keep things on the spare side at home, and only decorate with things we truly love,” she says. A built-in showcases several of James' vases and a painting by his brother. The rough-hewn wood accents emphasize the rustic Vermont architecture they are drawn to.



The Zilians took down 25 feet of walls on the ground floor to open the rooms to each other. The living room was a sea of dark wood paneling before Zoe and James reinvented it with mostly white paint and a few earthy accents (and a rope swing).













Clockwise from top left:
Farmhouse Pottery is known for its white glaze, affectionately called Organic Milk. James has kept all his numbered glaze samples over the years ("I look at the glazes, then at my house, and I see I'm pretty much married to these shades"). Tall delphiniums match the scale of a large vase. Striped stones are collected on summer trips to the coast of Rhode Island. The secret to Zoe's light-as-air pancakes is crème fraîche. Part of the living room is devoted to a rotating display of the girls' artwork.

"We realized there was a market for heirloom-quality pieces created for everyday use," says James, who eventually left his day job to start Farmhouse Pottery with Zoe, a trained photographer. She took pictures of the stoneware—known for its milky white glaze that blankets all but a small portion of each piece, where James leaves the natural color of the clay exposed. People began showing up on their doorstep to buy it. "In the early days, people would hear about us and come over for a glass of wine and buy pottery out of our basement," Zoe says. "But pretty soon we realized we always had strangers shopping in our house, and it was time to expand."

The Zilians' flagship store is now housed in a 30,000-square-foot warehouse, where they sell their pottery, enamelware, and even local Vermont honey and syrup. Chickens happily roam outside, and in summer Mia and Ava practice being merchants and sell lemonade from a stand out front. But on the weekends, the couple get back to what they love most: gathering blueberries for Zoe's signature crème fraîche pancakes, making James' favorite maple bacon, and savoring the sweet, simple, beautiful life—and art—they've created here. ■

BUYING INFORMATION: ***BHG.com/Resources***

CARNITAS!

Rich, slow-cooked pork—so tender it falls apart at the touch of a fork—is a staple of Mexican kitchens. Cookbook author and TV host Pati Jinich shows you how to make the iconic yet versatile dish.



PORK CARNITAS WITH SALSA VERDE CRUDA

"You can't have carnitas without signature Mexican rice," Pati says. Cooked in a thin tomato sauce with onions and garlic, it's the perfect mild side dish. So is Pati's take on potato salad with exuberant poblanos.

BY **PAIGE PORTER FISCHER**
PRODUCED BY **NANCY WALL HOPKINS**
PHOTOS **CON POULOS**
FOOD STYLING **LIBBIE SUMMERS**
PROP STYLING **SARAH CAVE**





"*Carnitas* is a loaded word," Pati Jinich, host of the popular PBS television series *Pati's Mexican Table,* says with a laugh. "When you say you're making carnitas, it means you're going to create irresistible, slow-cooked pork, but it also means that dinner's about to turn into an event." Pati's take on the dish, popular in Mexico City, where she was born and raised, begins with an inexpensive cut of pork—most often the shoulder or butt. It gets braised in a slow-simmering mix of garlic, cumin, cloves, orange juice and, at the very end, Pati's secret weapon: sweetened condensed milk. The milk caramelizes to a sweet coating on the meat. Always a winner, her version is as easy for a weeknight meal as for a special gathering.

Pati's playful spicy-hot tropical margarita features jalapeño and grilled, almost candied, pineapple that lends sweetness. Honey balances the tartness of her refreshingly minty nonalcoholic hibiscus agua fresca.

> "I WANT A DRINK TO BE AN EXPERIENCE."
> *—PATI JINICH*



CARNITAS TACOS ON CORN TORTILLAS

Pati uses only corn tortillas (traditional white or yellow) for her carnitas tacos. No time to make tortillas? Buy them at the grocery store. ■

Recipes begin on page 144.

Raise the Roots

Steel planters turn a tiny Bay Area backyard into a beautiful and edible garden that feeds body and soul.





'CHILE DE ARBOL' HOT PEPPER



THAI BASIL



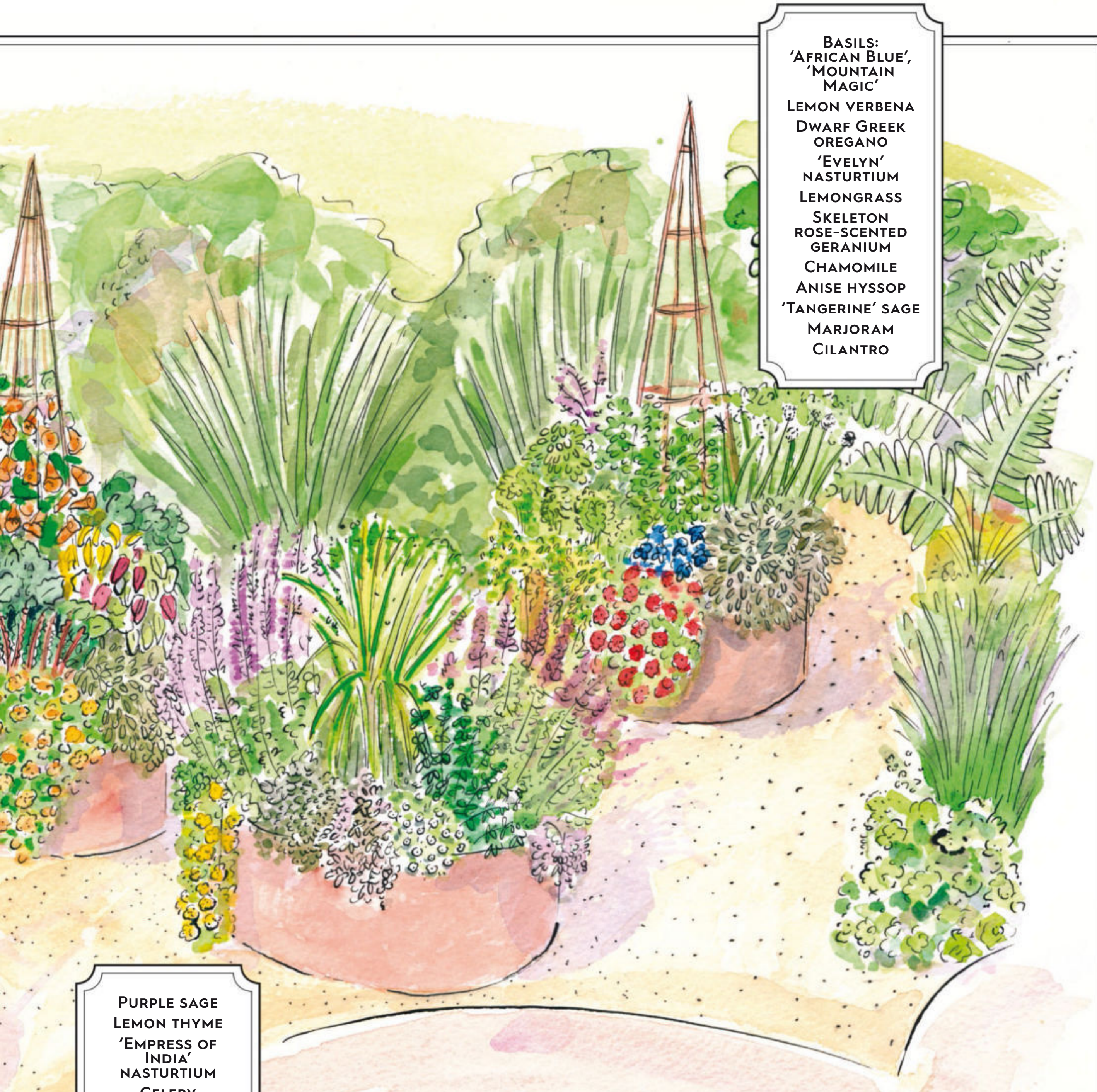
BY DEBRA PRINZING PHOTOS BLAINE MOATS ILLUSTRATION MICHAEL A. HILL



This photo: Crops spill from raised beds in Altagracia and Kelly McCoy's yard. *Opposite, top left:* The couple's bungalow was once surrounded by weeds. *Opposite, bottom right:* Lettuce is a minor player in a salad of 'African Blue' basil, 'Alaska' nasturtium, 'Garnet Stem' chicory, and 'Berggarten' sage.

Where does your fresh produce come from? For many of us, the California-grown label is as "local" as it gets. But for Altagracia and Kelly McCoy, even their San Francisco-area neighborhood market doesn't accommodate their hunger for a full spectrum of flavors. "When I make my salads, I want at least seven different colors of food," says Altagracia, who is trained in holistic nutrition, which emphasizes whole foods. "Every color is just another set of vitamins." This health-conscious couple raises a four-season harvest of vegetables, salad greens, herbs, and edible flowers to feed themselves and their five egg-laying chickens—all in a 25×25-foot space. Their biggest challenge: making the garden as appealing to the eyes as it is to the palate. Cue Homestead Design Collective, an organic landscape design studio led by Stefani Bittner, coauthor of *The Beautiful Edible Garden*. Inspired by the arching lines and warm tones of an existing terra-cotta tile path, Bittner's team installed four rings of 3⁄16-inch-thick Corten steel and repeated the circular shapes in the planting design. "Corten was an obvious choice because it plays off the curve of the paths and allows us to repeat that rusted color in a food-safe material," Bittner says. For the McCoys, the garden feeds a healthy lifestyle. "It also provides daily eye candy and helps me de-stress," Altagracia says. "You don't have to have a lot of land to grow your own food *and* have a beautiful garden."





Edible Roundup

Circular beds offering nearly 80 square feet of fertile growing space feature colorful medleys of herbs, vegetables, and edible flowers that translate to well-rounded options for the dinner table.

GAIN GROUND
A raised bed filled with topsoil amended yearly with organic compost makes up for this site's drainage and fertility issues. Raised beds aren't tromped on, so soil stays loose, reducing the need to spade.

CORTEN IS KING
Corten is a durable, corrosion-resistant steel alloy that takes on a rust patina. Bottomless beds made with Corten cost 25–30 percent more than wood versions, Bittner says, but they last indefinitely.

THE RIGHT SIZE
A diameter of 5 feet makes the center of each bed reachable from any angle for digging, planting, and harvesting. The 2-foot depth is ideal for healthy root growth. It also cuts down on bending and kneeling.

KEEP IT TIDY
Decomposed granite creates a permeable, no-maintenance surface between beds. Weathered steel trellises add architectural interest in the center of each bed and keep taller plants from flopping. ■

THE KITCHEN COOKBOOK

RECIPES FROM

THE DINNER REPORT

DINNER GOES MODERN WITH CHICKEN THIGHS (ROASTED AND GLAZED), INVENTIVE VEGGIE SIDES, AND A LIGHTENED-UP SALMON CASSEROLE.

APRICOT-GLAZED CHICKEN THIGHS

HANDS-ON TIME 15 min.
TOTAL TIME 1 hr.

- **¼ cup apricot spreadable fruit, large pieces snipped**
- **¼ cup honey**
- **2 Tbsp. soy sauce**
- **2 Tbsp. minced fresh ginger**
- **6 cloves garlic, minced (1 Tbsp.)**
- **½ tsp. cayenne pepper**
- **¼ cup cider vinegar**
- **8 bone-in chicken thighs (3½ to 4 lb. total)**

1. Place oven rack in bottom third of oven. Preheat oven to 400°F. For glaze, in small saucepan combine spreadable fruit, honey, soy sauce, ginger, garlic, and cayenne. Heat over medium-low heat until spreadable fruit is melted. Remove and stir in vinegar; cool.
2. Line a 13×9-inch baking pan with foil. Arrange chicken in single layer. Pour apricot glaze over chicken, turning pieces to coat. Arrange pieces skin sides up. Bake, uncovered, 40 to 45 minutes or until done (175°F in thickest part) and tops are browned, brushing with glaze two times during baking. Skim fat from pan juices; serve juices over chicken. Makes 8 servings.
EACH SERVING *483 cal, 31 g fat, 193 mg chol, 377 mg sodium, 15 g carb, 0 g fiber, 33 g pro.*

CAULIFLOWER-POTATO MASH

HANDS-ON TIME 20 min.
TOTAL TIME 1 hr.

- **1 medium head cauliflower (2 lb.), cut into florets (about 4½ cups)**
- **1 Tbsp. olive oil**
- **1½ lb. Yukon Gold potatoes, scrubbed or peeled, cut into 2-inch pieces**
- **1¼ cups milk**
- **3 Tbsp. coconut oil, melted**
- **Green onions, chopped (optional)**

1. Preheat oven to 400°F. Lightly coat shallow baking pan with nonstick cooking spray. Place cauliflower in pan; drizzle with oil. Toss to coat. Roast 30 to 40 minutes or until just browned, stirring occasionally.
2. Place potatoes in large saucepan with salted water to cover. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until very tender. Drain; return potatoes to saucepan. Mash with potato masher; set aside.
3. Place cauliflower in food processor; cover and process until very finely chopped, adding 2 Tbsp. of the milk. Add cauliflower mixture to potatoes in saucepan. Add remaining milk, the coconut oil, 1 tsp. *kosher salt,* and ¼ tsp. *freshly ground black pepper.* Heat through over medium heat, stirring frequently. Top with green onions. Makes 8 to 10 servings.
EACH SERVING *123 cal, 6 g fat, 2 mg chol, 151 mg sodium, 14 g carb, 3 g fiber, 3 g pro.*

GREEN BEANS WITH TOASTED PANKO

HANDS-ON TIME 15 min.
TOTAL TIME 35 min.

- **1½ lb. green beans, trimmed**
- **2 Tbsp. olive oil**
- **2 cloves garlic, minced**
- **½ cup panko bread crumbs**
- **2 tsp. lemon zest**
- **2 tsp. chopped fresh tarragon**

1. Preheat oven to 400°F. Lightly coat a shallow baking pan with nonstick cooking spray. Rinse beans in colander; shake, allowing some water to remain on beans. Place wet beans into prepared pan; drizzle with 1 Tbsp. of the oil. Toss to coat; spread in an even layer. Sprinkle with ½ tsp. *kosher salt.* Roast, uncovered, 20 minutes or until tender and slightly charred, stirring once.
2. Meanwhile, heat remaining 1 Tbsp. oil in large skillet over medium-high heat. Add garlic; stir 30 seconds. Add panko; stir about 2 minutes or until just golden. Add zest, tarragon, ½ tsp. *kosher salt,* and ¼ tsp. *freshly ground black pepper;* stir to combine. Toss panko mixture with roasted green beans. Makes 8 servings.
EACH SERVING *68 cal, 4 g fat, 0 mg chol, 156 mg sodium, 8 g carb, 2 g fiber, 2 g pro.*

SALMON POT PIE CASSEROLE

HANDS-ON TIME 45 min.
TOTAL TIME 1 hr., 15 min.

- **1 recipe Cornmeal Biscuits,** ***page 136***
- **1 egg, lightly beaten**
- **3 Tbsp. butter**
- **1 Tbsp. olive oil**
- **2 medium leeks, washed, white and light green parts chopped (1 cup)**
- **8 oz. shiitake or cremini mushrooms, stemmed and halved or quartered if large (3 cups)**
- **3 cloves garlic, minced**
- **¼ cup all-purpose flour**
- **2 cups chicken broth**
- **¼ cup whipping cream**
- **1½ cups fresh or frozen peas**
- **2 large carrots, thinly sliced**
- **1 cup broccoli florets**
- **1 lb. salmon fillet, skinned and cut into 1-inch cubes**
- **3 Tbsp. chopped fresh dill weed**

1. Preheat oven to 400°F. Prepare Cornmeal Biscuits. Place on baking sheet; brush with egg and sprinkle lightly with *salt.* Partially bake about 12 minutes or until lightly golden. Remove from oven. Heat butter and oil in large skillet over medium heat. Add leeks; cook and stir 4 minutes. Stir in mushrooms, garlic, ½ tsp. *ground black pepper,* and ¼ tsp. *salt.* Cook and stir 4 to 6 minutes or until liquid evaporates and mushrooms are just brown.
2. Stir flour into leek mixture; stir 1 minute. Add broth and cream. Cook and stir until

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^†AlphaImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

bubbly. Add remaining ingredients; bring to boiling. Transfer to 2-quart baking dish.
3. Arrange partially baked biscuits on top. Bake 15 to 20 minutes or until biscuits are golden brown. Makes 8 servings.
Cornmeal Biscuits In bowl combine 2 cups *all-purpose flour*, ½ cup *cornmeal*, 2 tsp. *baking powder*, and ½ tsp. *salt*. Cut in ¼ cup *shortening* until pea-size. Stir in 1 cup *buttermilk*. Turn out onto floured surface. Knead gently 10 to 15 strokes or until dough comes together. Pat to ¾-inch thickness. Cut into eight 2½-inch rounds, repatting as needed. Place on casserole as directed in Step 3. Or bake in 400° oven for 12 to 15 minutes. Makes 8 biscuits.
EACH SERVING *454 cal, 21 g fat, 77 mg chol, 644 mg sodium, 47 g carb, 5 g fiber, 21 g pro.*

TOUR THE WORLD WITH THESE NOODLE BOWLS INSPIRED BY THE FLAVORS OF CHINA, THAILAND, SPAIN, JAPAN, AND INDIA.

SESAME DAN DAN NOODLE BOWL

Our rendition of dan dan noodles is a takeoff on the traditional dish from China's Szechuan province. It matches spicy-hot sauce with preserved vegetables and pork over noodles.

TOTAL TIME 35 min.

- 8 **oz. dried round Chinese egg noodles or spaghetti**
- 2 **Tbsp. soy sauce**
- 2 **Tbsp. tahini (sesame seed paste)**
- 1 **Tbsp. seasoned rice vinegar**
- 1 **Tbsp. toasted sesame oil**
- 1 **tsp. sriracha sauce**
- 2 **cups reduced-sodium chicken broth**
- 1 **Tbsp. peanut or canola oil**
- 8 **oz. uncooked lean ground pork**
- ⅓ **cup finely chopped dill pickles**
- 2 **cloves garlic, minced**
- **Sliced green onions, fresh cilantro leaves, coarsely chopped peanuts, and/or crushed Szechuan or whole black peppercorns**

1. Cook noodles according to package directions; drain. Meanwhile, in small saucepan whisk together soy sauce, tahini, vinegar, sesame oil, and sriracha. Stir in broth; heat over low heat.
2. In wok or large skillet heat peanut oil over high heat. Add pork and cook until browned, breaking up meat. Drain off any fat. Add pickles and garlic; cook about 2 minutes more or until pork is crispy.
3. Divide noodles among serving bowls. Spoon broth mixture over noodles and top with pork mixture. Garnish with onions, cilantro, peanuts, and/or crushed peppercorns. Makes 6 servings.
EACH SERVING *311 cal, 16 g fat, 26 mg chol, 686 mg sodium, 27 g carb, 2 g fiber, 15 g pro.*

SHRIMP CURRY NOODLE BOWL

TOTAL TIME 35 min.

- 2 **Tbsp. peanut or canola oil**
- 2 **shallots, sliced**
- 1 **lime**
- 3 **cloves garlic, minced**
- 2 **tsp. grated fresh ginger**
- 1 **to 2 Tbsp. red curry paste**
- 4 **cups reduced-sodium chicken broth or vegetable broth**
- 2 **Tbsp. fish sauce**
- 1 **lb. fresh or frozen medium shrimp in shells, peeled and deveined**
- 8 **oz. rice vermicelli noodles**
- 1 **13½- to 14-oz. can unsweetened coconut milk**
- **Fresh basil leaves and lime wedges**

1. Heat oil in Dutch oven over medium heat. Add shallots; cook and stir about 5 minutes or until crisp and browned. Remove shallots; set aside. Using vegetable peeler, remove zest from lime in strips; cut lime in half. Add garlic, ginger, and curry paste to Dutch oven; cook and stir 1 minute. Add broth, fish sauce, and 2 cups water. Squeeze juice from lime into broth; add strips of zest. Bring to boiling.
2. Stir in shrimp and noodles. Return to boiling; reduce heat. Cook 3 to 4 minutes or just until shrimp turn opaque. Stir in coconut milk; heat through. Remove lime zest. Top bowls with shallots and basil; serve with lime wedges. Makes 6 servings.
EACH SERVING *365 cal, 16 g fat, 106 mg chol, 1,028 mg sodium, 36 g carb, 1 g fiber, 18 g pro.*

ASPARAGUS NOODLE BOWL

TOTAL TIME 45 min.

- 3 **slices bacon**
- 1 **8-oz. skinless, boneless chicken breast**
- 1 **large onion, finely chopped (1 cup)**
- ½ **cup dry white wine**
- 4 **cloves garlic, minced**
- 1 **lb. (3 to 4) ripe tomatoes, finely chopped (2 cups)**
- 3 **cups reduced-sodium chicken broth**
- 1 **tsp. smoked paprika**
- 6 **oz. dried angel hair pasta, broken in half**
- 8 **oz. fresh asparagus, trimmed and cut into 1-inch pieces**

1. In a large deep skillet cook bacon over medium heat until crisp. Remove and drain on paper towels, reserving drippings. Crumble bacon; set aside.
2. Add chicken to skillet. Cook over medium heat 10 to 12 minutes or until done (165°F). Remove; cover to keep warm.
3. Add onion to skillet. Cook and stir 3 minutes. Remove skillet from heat; add wine and garlic. Return to heat. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes or until wine evaporates, stirring to scrape up browned bits. Add tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 10 minutes or until tomatoes break down, stirring occasionally. Stir in broth and paprika; bring to boiling. Gradually stir in pasta. Return to boiling; reduce heat. Simmer, uncovered, 10 minutes or until pasta is tender, stirring occasionally and adding asparagus the last 2 minutes.
4. To serve, divide noodle mixture among bowls; top with asparagus. Thinly slice reserved chicken and serve over noodle mixture; top with bacon. Makes 6 servings.
EACH SERVING *285 cal, 9 g fat, 40 mg chol, 428 mg sodium, 29 g carb, 3 g fiber, 18 g pro.*


Alyssa Milano
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SOBA NOODLE BOWL

Look for miso in the Asian food section of your supermarket.

TOTAL TIME 40 min.

- 6 **oz. dried soba noodles or dried multigrain spaghetti**
- 8 **oz. baby bok choy, quartered lengthwise**
- 4 **cups reduced-sodium chicken broth or vegetable broth**
- ¼ **cup white miso paste**
- 2 **Tbsp. reduced-sodium soy sauce**
- 2 **carrots, julienned (1 cup)**
- 4 **oz. cremini or shiitake mushrooms, stemmed and sliced (1½ cups)**
- 6 **soft-or hard-cooked eggs, peeled and halved**

1. In large saucepan cook noodles in lightly salted boiling water according to package directions. Drain; rinse under cold water. Divide among bowls. Top with bok choy.
2. In same saucepan heat broth and 2 cups water over medium-high heat until simmering; whisk in miso and soy sauce. Add carrots and mushrooms; return to simmering. Reduce heat. Cook 1 to 3 minutes or until carrots are crisp-tender.
3. Ladle broth and vegetables over noodles and bok choy. Top with eggs and *cracked black pepper.* Makes 6 servings.
EACH SERVING *206 cal, 4 g fat, 124 mg chol, 1,175 mg sodium, 31 g carb, 3 g fiber, 13 g pro.*

PEPPER HAKKA NOODLE BOWL

TOTAL TIME 25 min.

- 6 **oz. flat Chinese egg noodles or dried linguine pasta**
- ¼ **cup ketchup**
- ¼ **cup soy sauce**
- 1 **Tbsp. cider vinegar**
- 2 **to 3 tsp. chili paste (sambal oelek)**
- 2 **Tbsp. peanut or canola oil**
- 2 **red sweet peppers, cut into bite-size strips**
- 3 **cloves garlic, minced**
- 2 **tsp. grated fresh ginger**
- 4 **oz. fresh snap or snow pea pods, trimmed and halved crosswise**
- **Lime zest and lime wedges**

1. In large saucepan cook noodles in lightly salted water 3 minutes for Chinese noodles or 7 minutes for linguine; drain. Meanwhile, in small bowl combine ketchup, soy sauce, vinegar, and chili paste; set aside.
2. In wok or very large skillet heat oil over medium-high heat. Add red pepper strips, garlic, and ginger. Cook and stir 3 to 4 minutes or until pepper strips are crisp-tender. Add pea pods; cook and stir 1 minute. Add noodles and sauce mixture to wok. Toss to combine; heat through. Top each serving with lime zest and additional sliced *pea pods.* Serve with lime wedges. Makes 6 servings.
EACH SERVING *166 cal, 5 g fat, 0 mg chol, 832 mg sodium, 27 g carb, 3 g fiber, 6 g pro.*

YOUR FAMILY WILL MAKE A PARTY OUT OF CHOOSING AND TOPPING THEIR OWN PORTIONS OF SOCCA. MAKE SOCCA FLATBREADS (BELOW) AND SET OUT BOWLS OF THE BIG-FLAVORED HEALTHY TOPPERS THAT FOLLOW. LET THE FUN BEGIN!

ANYTIME SOCCA

HANDS-ON TIME 10 min.
TOTAL TIME 35 min.

- 1 **cup chickpea (garbanzo bean) flour**
- 1 **Tbsp. finely chopped Italian parsley**
- 1 **clove garlic, minced**
- ½ **tsp. chili powder**
- 2 **Tbsp. plus 2 tsp. olive oil**

1. In a medium bowl whisk together chickpea flour, parsley, garlic, ½ tsp. *kosher salt,* and chili powder. Add 1 cup water and 2 Tbsp. of the olive oil. Whisk until smooth. Let batter stand 15 minutes.
2. Meanwhile, preheat broiler. Add 1 tsp. of the oil to 10-inch cast-iron or heavy oven-going skillet. Place the skillet in upper one-third of oven to preheat 5 minutes (bottom of pan should be 5 inches from heat). Holding handle of skillet with hot pads, pour half the batter (about ¾ cup) into skillet; carefully spread the batter evenly using an offset spatula.
3. Return skillet to oven and broil about 4 minutes or until golden brown and slightly dark brown in some areas. Loosen from skillet with wide spatula and transfer to paper towels. Repeat with remaining batter, preheating skillet with the remaining 1 tsp. oil 1 minute before adding the remaining batter. Serve at room temperature or reheat socca in 350°F oven on baking sheet 5 minutes. Cut rounds in half. Makes 4 servings.
EACH SERVING *192 cal, 11 g fat, 0 mg chol, 157 mg sodium, 18 g carb, 5 g fiber, 6 g pro.*

CHILE ZUCCHINI TOPPER

TOTAL TIME 30 min.

- ¼ **cup chopped fresh mint**
- 3 **Tbsp. olive oil**
- 2 **Tbsp. red wine vinegar**
- 1 **fresh Fresno chile pepper, stemmed and minced (tip, *page 147*)**
- 1 **clove garlic, minced**
- 2 **medium zucchini, sliced into ¼-inch-thick rounds (about 32 slices)**

1. For vinaigrette, in small bowl whisk together mint, 2 Tbsp. of the oil, vinegar, chile, and garlic. Season with *kosher salt.*
2. Brush zucchini slices with the remaining 1 Tbsp. oil and sprinkle lightly with *kosher salt.* Arrange zucchini on rack of covered grill directly over medium-low heat. (Use a grill pan, if desired.) Grill 1 to 2 minutes per side or until charred and softened. Spoon vinaigrette over zucchini. Serve with *socca, left.* Makes 4 servings.
EACH SERVING *112 cal, 10 g fat, 0 mg chol, 151 mg sodium, 4 g carb, 1 g fiber, 1 g pro.*



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RADISH SALAD

TOTAL TIME 25 min.

- **1½ cups finely chopped radishes**
- **¼ cup chopped Italian parsley**
- **¼ cup chopped fresh mint**
- **2 Tbsp. finely chopped red onion**
- **1 Tbsp. red wine vinegar**
- **1 Tbsp. olive oil**
- **¼ cup pomegranate seeds**

In medium bowl combine radishes, herbs, onion, vinegar, and oil. Toss to combine. Fold in pomegranate seeds. Season with *kosher salt.* Cover and chill for up to 6 hours. Serve with *socca, page 138.* Makes 8 servings.
EACH SERVING *27 cal, 2 g fat, 0 mg chol, 46 mg sodium, 2 g carb, 1 g fiber, 0 g pro.*

SMOKY CARROT SPREAD

TOTAL TIME 20 min.

- **3 Tbsp. olive oil**
- **1 lb. carrots, peeled and cut into bite-size pieces**
- **2 cloves garlic, peeled**
- **1 roasted red sweet pepper, peeled, stemmed, and seeded***
- **1 to 2 Tbsp. red harissa paste**
- **2 tsp. smoked paprika**
- **2 Tbsp. red wine vinegar**
- **Pomegranate seeds**

1. In large skillet heat 2 Tbsp. of the oil over medium-low heat. Add carrots and garlic; cook and stir 12 minutes or until carrots are caramelized and tender.
2. Transfer carrots, garlic, and any oil to blender. Add roasted pepper, harissa paste, paprika, vinegar, and the remaining 1 Tbsp. oil. Cover; blend until smooth, scraping sides as necessary. Season to taste with *kosher salt.* Transfer to a serving bowl; drizzle with additional *olive oil;* top with pomegranate seeds. Serve with *socca, page 138.* Makes 16 servings.
***To roast red sweet pepper** Preheat broiler. Place medium red sweet pepper on foil-lined baking sheet. Broil 4 to 5 inches from heat about 5 minutes or until pepper skin is charred. Turn; broil about 5 minutes more or until skin is charred. Remove and wrap pepper in foil. Let stand 5 minutes; remove peel, stem, and seeds. Store in refrigerator up to 3 days.
EACH SERVING *44 cal, 3 g fat, 0 mg chol, 62 mg sodium, 4 g carb, 1 g fiber, 0 g pro.*

OLIVE RELISH

TOTAL TIME 10 min.

- **1 cup green olives, such as Castelvetrano, pitted and chopped**
- **½ cup black olives, such as Kalamata, pitted and chopped**
- **2 Tbsp. red sweet pepper, finely chopped**
- **1 Tbsp. olive oil**
- **2 tsp. orange zest**
- **1 tsp. fresh thyme leaves**
- **1 clove garlic, minced**
- **½ tsp. crushed red pepper**

In small bowl combine all ingredients until well mixed. Serve at room temperature, or cover and chill up to 1 week. Serve with *socca, page 138.* Makes 6 servings.
EACH SERVING *86 cal, 9 g fat, 0 mg chol, 648 mg sodium, 1 g carb, 1 g fiber, 0 g pro.*

SWEET-SPICY CHERRIES

HANDS-ON TIME 15 min.
TOTAL TIME 30 min.

- **½ cup red wine vinegar**
- **¼ cup sugar**
- **1½ cups fresh dark sweet cherries, pitted and halved**
- **1 to 2 Fresno chile peppers, stemmed and thinly sliced (tip, *page 147*)**
- **½ red onion, thinly sliced (½ cup)**

1. In small saucepan combine vinegar, sugar, and ¼ tsp. *kosher salt.* Bring just to boiling over medium heat, stirring to dissolve sugar; reduce heat. Simmer, uncovered, 2 minutes. Remove from heat.
2. Meanwhile, in medium bowl combine cherries, chile peppers, and onion. Pour hot vinegar mixture over cherry mixture; stir to combine. Cover; let stand at least 15 minutes. Serve at room temperature, or cover and chill up to 1 week. Serve with *socca, page 138.* Makes 6 servings.
EACH SERVING *67 cal, 0 g fat, 0 mg chol, 49 mg sodium, 16 g carb, 1 g fiber, 1 g pro.*

GARLIC LENTIL SALAD

HANDS-ON TIME 15 min.
TOTAL TIME 35 min.

- **⅔ cup halved cherry tomatoes**
- **3 cloves garlic, peeled**
- **3 Tbsp. olive oil**
- **2 Tbsp. red wine vinegar**
- **2 cups vegetable broth**
- **1 cup dried brown lentils**
- **2 carrots, peeled and chopped**
- **½ cup halved cherry tomatoes**
- **1 large shallot, minced**
- **2 Tbsp. snipped fresh chives**
- **⅓ cup microgreens**

1. For dressing, preheat oven to 375°F. Line a shallow baking pan with foil. Add the ⅔ cup tomatoes, garlic, and 1 Tbsp. of the oil to pan; toss to coat. Sprinkle with a little *kosher salt.* Roast 20 minutes, stirring once. Remove from oven and place tomato mixture in blender. Add the remaining 2 Tbsp. oil and vinegar; cover and blend until smooth. Set aside.
2. Meanwhile, in medium saucepan combine broth and lentils. Bring to boiling; reduce heat. Simmer, uncovered, 20 to 25 minutes or until tender and all of the broth is absorbed, stirring occasionally.
3. In a large bowl combine lentils, carrots, the ½ cup tomatoes, shallot, and chives. Drizzle with dressing; toss to coat. Serve with *socca, page 138,* topped with microgreens. Makes 16 servings.
EACH SERVING *75 cal, 3 g fat, 0 mg chol, 125 mg sodium, 10 g carb, 2 g fiber, 3 g pro.*

VERDE RISOTTO

TOTAL TIME 1 hr.

- **6 cups vegetable stock**
- **2 cups packed fresh basil leaves**
- **2 cups packed baby spinach**
- **2 cloves garlic**
- **½ cup olive oil**
- **¼ cup rice vinegar**
- **8 oz. fresh asparagus, trimmed and cut into 1-inch pieces (1 cup)**
- **1 cup frozen quartered artichoke hearts**
- **1 cup fresh English peas**
- **1 medium yellow onion, finely chopped**

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*Typical skim milk has 12 grams of sugar per serving vs. 0 grams in Silk Vanilla Unsweetened Almondmilk per serving. Dairy data from USDA Nutrient Database, Release 28.

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1½ cups Arborio rice
1 medium zucchini, shredded (2 cups)
Spinach leaves
Halved cherry tomatoes

1. In large saucepan bring vegetable stock just to boiling; reduce heat to a simmer. Fill a large bowl half full with ice water. Plunge fresh basil into simmering stock. Using tongs, immediately transfer basil to ice bath to cool. Remove basil from ice bath, shaking off excess water.
2. For pesto, in blender or food processor combine basil, the 2 cups spinach, garlic, ¼ cup of the oil, vinegar, and ¼ tsp. *kosher salt.* Cover and blend until pesto mixture is smooth.
3. Add asparagus to simmering stock; cook about 1 minute or until bright green and barely tender. Using a slotted spoon, transfer asparagus to ice bath. Remove from ice bath; set aside. Add artichokes to stock; cook 2 minutes. Using slotted spoon, transfer artichokes to ice bath. Remove and set aside. Add peas to stock; cook 30 seconds. Transfer to ice bath with slotted spoon; drain.
4. In a 4- to 5-quart Dutch oven or large pot heat the remaining ¼ cup olive oil over medium heat. Add chopped onion and ¼ tsp. *kosher salt;* cook and stir about 5 minutes or until onion is tender. Add rice; cook and stir 2 to 3 minutes or until rice is translucent. Start adding stock to the rice, 1 cup at a time, while continuously stirring with a wooden spoon. As stock is absorbed, add another cup. Continue cooking and adding stock until all of the stock is absorbed and the rice is creamy and tender. (This should take about 20 minutes.) Add zucchini, pesto, and cooked vegetables to the rice the last 2 minutes. Serve topped with fresh spinach leaves and halved cherry tomatoes. Makes 8 servings.
EACH SERVING *259 cal, 14 g fat, 0 mg chol, 504 mg sodium, 29 g carb, 3 g fiber, 5 g pro.*

DINNER IN A COOKBOOK

Three authors share their home cooking stories with recipes you can try in your kitchen. Find them where books are sold.



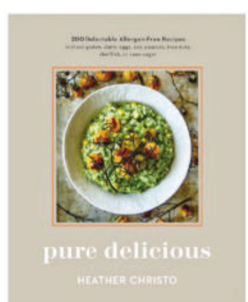
DINNER SOLVED!

Katie Workman shares how she handles cranky eaters. Each of her 100 recipes includes tweaks aimed at helping you satisfy everyone at the table without turning yourself into a short-order cook. (Workman Publishing, $17.95)



KITCHEN GYPSY

Joanne Weir leads a culinary tour through personal stories about her food-centric life woven around 100 recipes that span childhood favorites to dishes from travels to Morocco, Australia, and Italy. (Oxmoor House, $35)



PURE DELICIOUS

Heather Christo took control of her family's health by revising the way they ate. She shares that journey and 200 family-friendly recipes without gluten, dairy, eggs, soy, peanuts, tree nuts, shellfish, or cane sugar. (Penguin Publishing Group, $30)

RECIPES FROM

THE FARMHOUSE LIFE

ZOE'S CRÈME FRAÎCHE PANCAKES

TOTAL TIME 30 min.

1½ cups unbleached all-purpose flour
3 Tbsp. sugar
2 tsp. baking powder
1 cup whole milk
½ cup crème fraîche
¼ cup sour cream
2 eggs
1½ tsp. vanilla
3 Tbsp. European-style butter
Pure maple syrup
Fresh blueberries (optional)

1. In large bowl combine flour, sugar, baking powder, and 1 tsp. *kosher salt.* In a medium bowl whisk together milk, crème fraîche, sour cream, eggs, and vanilla. Add to dry ingredients; whisk to combine.
2. In very large skillet melt 1 Tbsp. butter over medium heat. Spoon rounded tablespoons of batter into skillet. Cook 2 to 3 minutes or until undersides are browned; turn. Cook 1 to 2 minutes. Repeat with remaining batter. Serve with syrup and berries, if desired. Makes 18 to 20 pancakes.
EACH PANCAKE *110 cal, 6 g fat, 34 mg chol, 216 mg sodium, 11 g carb, 0 g fiber, 2 g pro.*

MASHED POTATO-EGG CASSEROLE

HANDS-ON TIME 25 min.
TOTAL TIME 1 hr., 45 min.

2½ lb. russet potatoes (5 to 6 potatoes)
4 medium leeks, halved and sliced
5 cloves garlic, minced
2 Tbsp. butter
1 8-oz. carton sour cream
4 oz. Asiago cheese, shredded (1 cup)
¾ to 1 cup milk
6 eggs
1 Tbsp. olive oil
½ lemon, juiced
2 cups baby spinach and/or arugula

1. Prick potatoes with fork. Microwave on high 12 minutes or until fork-tender, turning


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once. Remove; cool until easy to handle. Preheat oven to 375°F. Grease a 2-quart baking dish; set aside. In a large skillet cook leeks and 4 cloves of the garlic in melted butter over medium heat 5 minutes or until tender and browned, stirring occasionally.
2. Peel potatoes; place in large bowl. Mash with potato masher. Stir in leek mixture, sour cream, half of the cheese, ¼ tsp. *salt*, and ¼ tsp. *black pepper*. Stir in milk to make a creamy consistency. Spread in prepared dish. Bake 40 minutes or until starting to brown. Remove from oven. Make 6 indents in potato mixture. Place an egg in each indent. Bake 20 minutes more or until whites are set and yolks start to thicken. Sprinkle with remaining cheese. Cool slightly.
3. In bowl whisk oil, lemon juice, remaining 1 clove garlic, ¼ tsp. *salt* and ¼ tsp. *black pepper*. Add spinach and/or arugula; toss to coat. Serve on casserole. Makes 6 to 8 servings.
EACH SERVING *457 cal, 25 g fat, 238 mg chol, 491 mg sodium, 44 g carb, 3 g fiber, 17 g pro.*

PECAN MAPLE BACON
TOTAL TIME 40 min.

- **1 lb. thick-sliced bacon**
- **¼ cup pure maple syrup**
- **¼ cup very finely chopped pecans**

1. Preheat oven to 400°F. Place wire rack in foil-lined 15×10-inch baking pan. Arrange bacon on rack, tucking under any edges that hang over. Bake 10 minutes.
2. Generously brush bacon slices with syrup; sprinkle with pecans and 1 tsp. *cracked black pepper*. Bake 20 minutes or until bacon is browned. Makes 6 servings.
EACH SERVING *196 cal, 14 g fat, 22 mg chol, 478 mg sodium, 10 g carb, 1 g fiber, 9 g pro.*

ORANGE-HONEY OVERNIGHT OATS
HANDS-ON TIME 15 min.
TOTAL TIME 12 hr.

- **2 cups milk or refrigerated coconut milk**
- **2 cups regular rolled oats**
- **1 cup plain Greek yogurt**
- **½ cup flaked coconut**
- **2 oranges, zested (4 tsp.)**
- **2 Tbsp. honey**
- **1 tsp. snipped fresh thyme**
- **Toppers: strawberry preserves, berries, coconut, orange zest, and/or snipped thyme**

In large bowl stir together milk, oats, yogurt, coconut, zest, honey, and thyme. Cover; chill overnight. Stir; serve with toppers. Makes 6 to 8 servings.
EACH SERVING *310 cal, 8 g fat, 11 mg chol, 79 mg sodium, 52 g carb, 6 g fiber, 10 g pro.*

SPARKLING STRAWBERRY MIMOSA
TOTAL TIME 15 min.

In pitcher combine 4 cups quartered *strawberries* and 4 *oranges,* sectioned. Muddle with wooden spoon. Stir in chilled 750 ml bottle of *champagne* or *sparkling apple juice*. Serve over ice. Drizzle with *maple syrup*, if desired. Makes 6 servings.
EACH SERVING *186 cal, 0 g fat, 0 mg chol, 2 mg sodium, 27 g carb, 4 g fiber, 2 g pro.*

RECIPES FROM
CARNITAS

PORK CARNITAS
HANDS-ON TIME 45 min.
TOTAL TIME 3 hr.

- **½ cup coarsely chopped white onion**
- **6 cloves garlic**
- **1 tsp. dried marjoram**
- **1 tsp. dried thyme**
- **Pinch ground cumin**
- **4 whole cloves, stems removed**
- **1 Tbsp. lard or canola oil**
- **4 to 5 lb. boneless pork shoulder or butt, cut into 2-inch chunks**
- **2 bay leaves**
- **1 cup freshly squeezed orange juice**
- **2 Tbsp. sweetened condensed milk**
- **1 recipe Corn Tortillas, *right,* or 16 purchased 6-inch tortillas**
- **1 recipe Salsa Verde Cruda, *above right***
- **Pickled jalapeños and sliced radishes**

1. In blender add 1½ cups water, onion, garlic, marjoram, thyme, cumin, cloves, 1 Tbsp. *salt,* and 1 tsp. *pepper*. Blend smooth.
2. In Dutch oven heat lard over medium-high heat. Add pork; top with ½ tsp. *salt*. Brown pork 10 minutes; turn occasionally.
3. Pour onion mixture over pork. Bring to a simmer; cook 5 to 6 minutes. Stir in bay leaves, juice, and milk. Cover; simmer 1½ to 2 hours or until meat pulls apart easily, stirring occasionally. Uncover; simmer 5 minutes. Transfer to a bowl.
4. Discard bay leaves. Skim fat from liquid. Shred meat with a fork; toss with cooking liquid to moisten, if desired. For tacos, serve meat with tortillas, salsa, jalapeños, and radishes. Makes 16 tacos.
EACH TACO *298 cal, 10 g fat, 69 mg chol, 275 mg sodium, 15 g carb, 3 g fiber, 23 g pro.*

SALSA VERDE CRUDA
TOTAL TIME 15 min.

- **1 lb. tomatillos, husks removed, rinsed, and halved**
- **1 ripe avocado, halved, seeded, and peeled**
- **¼ cup cilantro leaves and tops of stems**
- **2 Tbsp. coarsely chopped white onion**
- **1 jalapeño chile pepper, stemmed and seeded (tip, *page 147*)**

In a blender combine tomatillos, avocado, cilantro, onion, chile pepper, and ½ tsp. *kosher salt*. Blend smooth. Makes 2 cups.
EACH 2-TBSP. SERVING *24 cal, 2 g fat, 0 mg chol, 36 mg sodium, 3 g carb, 0 g pro.*

CORN TORTILLAS
Pati Jinich cooks her tortillas on a comal, which is a flat round griddle.
TOTAL TIME 1 hr.

- **2 cups corn tortilla flour (masa harina)**
- **1½ cups water**

1. Heat a griddle or heavy skillet over medium-high heat 8 minutes or until very hot. Meanwhile, cut two 8-inch circles from plastic produce bags or plastic wrap.
2. In bowl mix flour, water, and a pinch of *kosher salt*. Stir to form a smooth dough (if dough feels coarse, add a little more water). Shape into 16 smooth balls. Cover with damp dish towel or plastic wrap.
3. To make tortillas, place a plastic circle on bottom of tortilla press; top with a dough

ball. Place other circle on top of the ball; clamp press down to make a flat disk. (If tortilla edges look cracked and jagged, dough needs a little more water.) To flatten without a press, roll between pieces of plastic wrap with rolling pin.
4. Open press; remove top plastic piece. Lift tortilla; peel off plastic. Cook tortilla on griddle 30 seconds or until spatula can lift it without sticking. Turn; cook 1 minute. Turn again; cook 10 to 15 seconds or until tortilla puffs in spots; cook 15 to 20 seconds to brown. Transfer to paper towel. Repeat with remaining dough.
5. Store in resealable plastic bag in refrigerator up to 3 days or freeze up to 3 months. To reheat, place on hot griddle for 30 seconds per side. Makes 16 tortillas.
EACH TORTILLA *55 cal, 1 g fat, 0 mg chol, 9 mg sodium, 12 g carb, 2 g fiber, 2 g pro.*

MEXICAN RED RICE

HANDS-ON TIME 30 min.
TOTAL TIME 50 min.

- 2 **cups uncooked long-grain rice**
- 1 **lb. ripe tomatoes, quartered, or one 14½-oz. can diced tomatoes**
- ⅓ **cup coarsely chopped white onion**
- 4 **cloves garlic**
- 3 **Tbsp. vegetable oil**
- 3 **cups chicken or vegetable broth**
- 1 **cup peeled and diced carrots**
- 1 **cup fresh or frozen whole kernel corn**
- 1 **to 2 jalapeño chile peppers, halved (optional; tip, *far right*)**
- 2 **sprigs Italian parsley**
- ½ **cup fresh or frozen peas**

1. In bowl soak rice 5 minutes in enough hot water to cover; drain. Rinse rice under cold water until water runs clear; drain well.
2. In blender puree tomatoes, onion, garlic, and 1 tsp. *salt.* Pass through strainer; measure 1 cup liquid (discard solids).
3. In medium saucepan cook rice in hot oil over medium-high heat for 3 to 4 minutes or until rice becomes milky white, stirring often. Stir in tomato puree. Cook, uncovered, 3 minutes or until puree is mostly absorbed by the rice.
4. Stir in broth, carrots, corn, chiles, if using, and parsley. Bring to a rolling boil. Cover; reduce heat to low. Cook 10 minutes. Add peas; cook 5 minutes or until most of the liquid has been absorbed. (Rice should be cooked. If it isn't, add 2 Tbsp. water if needed. Cover; cook 2 minutes more.) Remove from heat. Let stand, covered, for 5 minutes. Makes 8 servings.
EACH SERVING *263 cal, 6 g fat, 2 mg chol, 482 mg sodium, 47 g carb, 3 g fiber, 6 g pro.*

POBLANO POTATO SALAD

HANDS-ON TIME 15 min.
TOTAL TIME 55 min.

- 3 **fresh poblano peppers (tip, *below right*)**
- 2 **lb. tiny yellow new potatoes, halved**
- ⅓ **cup pickled jalapeño pepper brine**
- ¼ **cup canola oil**
- ½ **cup coarsely chopped parsley**
- **Toasted pepitas (optional)**

1. Preheat oven to 450°F. Place peppers on a foil-lined baking sheet. Roast 20 minutes or until skins are blistered and charred. Wrap in foil; let stand 20 minutes or until cool enough to handle. Remove skins, stems, and seeds from peppers; coarsely chop.
2. Cook potatoes in lightly salted boiling water 12 to 15 minutes or until tender. Drain.
3. For dressing, in serving bowl whisk together jalapeño brine, canola oil, ½ tsp. *kosher salt*, and ½ tsp. *black pepper.* Add potatoes, peppers, and parsley; toss to coat. Season to taste. Sprinkle with pepitas, if desired. Makes 8 servings.
EACH SERVING *158 cal, 7 g fat, 0 mg chol, 186 mg sodium, 21 g carb, 3 g fiber, 3 g pro.*

HIBISCUS AGUA FRESCA

HANDS-ON TIME 15 min.
TOTAL TIME 55 min.

1. For mint syrup, in small saucepan stir together ½ cup *sugar* and ½ cup water. Bring to a simmer, stirring to dissolve sugar. Remove from heat. Stir in ½ cup packed *mint leaves;* let stand 20 minutes.
2. Bring 3 cups water to boiling. In heatproof pitcher pour water over 5 *hibiscus tea bags* (such as Red Zinger); steep 20 minutes. Remove tea bags. Pour 6 cups cold water into tea mixture. Discard mint. Stir in syrup. Cover; chill. Serve over ice. Drizzle with *honey* to taste. Makes 8 servings.
EACH SERVING *74 cal, 0 g fat, 0 mg chol, 12 mg sodium, 19 g carb, 0 g fiber, 0 g pro.*

GRILLED PINEAPPLE MARGARITA

TOTAL TIME 30 min.

- 1 **pineapple, peeled, cored, and cut into ½-inch-thick rings**
- 1 **jalapeño chile pepper, seeded, if desired, and sliced (tip, *below*)**
- ¼ **cup chopped fresh cilantro leaves and upper stems**
- 3 **Tbsp. grated piloncillo (unrefined cane sugar) or dark brown sugar**
- 3 **cups pineapple juice, chilled**
- 1 **cup white or silver tequila**
- ¾ **cup freshly squeezed lime juice**
- ½ **cup agave syrup or simple syrup**
- 1 **Tbsp. Mexican chili powder**

1. Grill pineapple over medium-high heat for 4 to 6 minutes, turning once. Cool.
2. In pitcher combine jalapeño, cilantro, and 2 Tbsp. of the piloncillo. Using wooden spoon, muddle ingredients. Cut 2 slices of pineapple into wedges and set aside. Coarsely chop remaining pineapple; muddle with jalapeño mixture. Stir in pineapple juice, tequila, lime juice, and syrup. Let mixture stand 10 minutes or chill for up to 4 hours.
3. On a small plate combine remaining piloncillo, chili powder, and 1 Tbsp. *kosher salt.* Rub glass rims with *lime wedges*; dip into sugar mixture. Serve margarita in glasses with ice. Add reserved pineapple wedges. Makes 8 servings.
EACH SERVING *240 cal, 0 g fat, 0 mg chol, 261 mg sodium, 46 g carb, 3 g fiber, 1 g pro.*

CHILE TIP Chile peppers contain oils that can irritate your skin and eyes. Wear rubber gloves when working with them.



MEXICAN TODAY

Pati Jinich introduces new and traditional recipes from her native Mexico, each perfect for everyday family meals. (Houghton Mifflin Harcourt, $30)


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RECIPE FROM

BHG THROWBACK

LEMON BUNDT CAKE

HANDS-ON TIME 15 min.
TOTAL TIME 1 hr., 25 min.

- **3 eggs**
- **1½ cups milk**
- **½ cup vegetable oil**
- **½ cup butter, melted and cooled**
- **1 Tbsp. lemon extract**
- **2 Meyer lemons or lemons, zested (2 tsp.)**
- **3 cups all-purpose flour**
- **2 cups granulated sugar**
- **1½ tsp. baking powder**
- **1 recipe Lemon Glaze, *right***

1. Preheat oven to 325°F. Coat a 10-inch fluted tube pan with *nonstick spray for baking*. In a very large mixing bowl whisk together eggs, milk, oil, butter, extract, and zest. Add flour, sugar, baking powder, and 1 tsp. *salt*. Whisk until smooth. Pour into prepared pan.

2. Bake about 60 minutes or until a toothpick inserted near center comes out clean. Cool in pan on a wire rack 10 minutes. Remove cake from pan; cool. Drizzle with glaze. Makes 16 servings.

Lemon Glaze In bowl stir together 1 cup *powdered sugar* and enough *Meyer lemon juice* or *lemon juice* to make drizzling consistency (about 2 Tbsp.).

For mini cakes Prepare as above. Spoon ⅓ cup batter into each cup (chill remaining batter). Bake 30 minutes or until a toothpick inserted near centers comes out clean. Cool in cups 10 minutes. Remove; cool. Cool pan; repeat. Makes 16 mini cakes.

EACH SERVING *351 cal, 14 g fat, 52 mg chol, 262 mg sodium, 52 g carb, 1 g fiber, 4 g pro.* ■

RULES FOR SWEEPSTAKES MENTIONED IN THIS ISSUE

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GOOD TO KNOW

FRAMED!

Your eyes need protection from the sun just like your skin does. Crow's-feet are the least of it: UV rays can lead to cataracts and to melanoma in and around your eye. Pick sunglasses labeled as blocking 100 percent of UVA *and* UVB rays, and wear daily. Find more ways to practice safe sun exposure, *page 152*.



From top: **Dipseas**, $44; *sunski.com* **Downing 16**, $95; *warbyparker.com* **Vince Camuto Semi-Rimless,** $85; *nordstrom.com* **LC Lauren Conrad Hot Tamale**, $30, and **SO Wayfarer Metallic,** $20; *kohls.com*

PHOTO **CAMERON SADEGHPOUR**



EVERYTHING UNDER THE SUN

Surf-splashing, picnics, gardening: lots of upsides to summer days outdoors. The downside: Sun exposure is linked to about 90 percent of common skin cancers, and shockingly few of us take the basic preventive step of using sunscreen. Packed with the latest advice, our guide will help you do summer sun safely.

You know that sunscreen is your No. 1 protection against ultraviolet radiation that causes skin cancer and wrinkles. But even after all these years of warnings from doctors, new research shows that only 29 percent of women and 14 percent of men regularly use sunscreen. The reasons run the gamut: "I want some color" (hello, self-tanner). "I don't have time" (can't spare two minutes?) "It's too confusing to pick the right one" (we're here to break it all down so you can choose a sunscreen formula that fits your skin and your schedule). No more excuses.

SUNSCREEN BASICS

LABEL DECODER

Your first stop: reading the bottle. Here's what it means.

- **Sun Protection Factor (SPF)**

A sunscreen's SPF indicates the strength of its protection against UVB rays and the length of time you can be in the sun before burning. The time factor: If your skin typically takes about 20 minutes to turn pink, SPF 30 (which most doctors recommend as a minimum) theoretically allows you to be out 30 times longer (or 10 hours) before you fry. "However, most sunscreens start to break down after two hours and must be reapplied, so no product will ever provide all-day, continuous protection," says Susan H. Weinkle, M.D., a dermatologist and surgeon in Bradenton, Florida. The strength factor: The bigger the SPF number, the more UVB radiation is blocked, but after SPF 50, the increased protection is negligible. Most doctors don't advise going any higher, as it might give you a false sense of security and stop you from reapplying regularly.

- **Broad spectrum** Any sunscreen you choose must have these two words on the label, says Albert M. Lefkovits, M.D., associate clinical professor of medicine at the Mount Sinai School of Medicine in New York. Broad spectrum means the sunscreen guards against both UVB and UVA rays. UVB rays are the ones that burn, while UVA rays penetrate deeper and are to blame for most signs of aging (fine lines, brown spots). Both can cause skin cancer.

- **Active ingredients** Sunscreens deflect UV rays with either physical or chemical filters. Physical filters include titanium dioxide and zinc oxide, which act as solid barriers "like little metal mirrors, which UV rays bounce off," explains Daniel Ladd, Jr., D.O., a dermatologist in Austin, Texas, and spokesperson for The Skin Cancer Foundation. If you have sensitive skin, some dermatologists recommend the physical filters. Chemical

BY GENEVIEVE MONSMA ILLUSTRATION ALANNA CAVANAGH


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DON'T MISS THESE SPOTS!

Your ears, neck, backs of your legs, bald spots, and hard-to-reach places (like the middle of your back) don't get the sunscreen TLC they deserve. And this is where doctors often find skin cancer. More melanoma (the deadliest type) is found on men's backs and the backs of women's calves than anywhere else. Try a spray or enlist a friend to help so you cover every inch.

ingredients, such as avobenzone, oxybenzone, and ecamsule, absorb UV rays, capturing them before they penetrate your skin.

- **Water-resistant** These sunscreens will continue to work while you're in the water (or while you sweat) for one of two FDA-approved time frames: 40 or 80 minutes. After that, time to reapply. Note: There is no such thing as a "waterproof" formula.

HOW MUCH TO APPLY

Of the diligent crew who regularly apply sunscreen (good work), only about half apply the recommended amount. How much should you use?

- **Lotion or gel** "A 1-ounce, shot-glass-size amount provides good coverage for most bodies," says Melanie Palm, M.D., a dermatologist in Solana Beach, California, and a spokesperson for the Skin Cancer Foundation. "A nickel-size dollop should be enough for the face."
- **Spray** Coat every area twice to make sure it's going on evenly, Palm says.
- **Stick** Swipe over a spot four times, says Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York. Sticks are usually best for all those small areas: the face, ears, neck, backs of your hands.
- **Powder** "A sunscreen face powder is good for touch-ups during the day, and it should be applied generously to your whole face," Weinkle says. Don't forget the hairline, over the neck, and on top of the ears and any other exposed skin.

30 MINUTES | **About how long it takes for your skin to fully absorb sunscreen. Leave plenty of time to apply before heading out.**

KID ZONE

Applying sunscreen to a moving target (as in, anyone under the age of 10), is challenging. Here's how to get the situation under control.

- **Use lotions as your base** They're the most foolproof when it comes to getting an even application on your kids. Applying at home at least 30 minutes before heading out also ups your chances of getting it on thoroughly; you can reapply with sprays, sticks, or wipes when you're out and about.
- **Begin with blocks** Kids' complexions tend to be more sensitive, so many doctors suggest using a sunscreen with physical rather than chemical filters. Also, kid-specific is OK but not crucial: Any formula that uses physical filters and is labeled "for sensitive skin" should be fine.
- **Don't rely on sunscreen alone** "Sun-protective clothing is a good insurance plan," Weinkle says, because a swim shirt's protection doesn't degrade. "Two, three hours can fly by when you're having fun, and you forget to reapply sunblock."



EDITOR'S PICKS

We spritzed, slathered, and chose our favorites from the new crop of sunscreens out now. *From left:* **SPRAY** Alba Botanica Very Emollient Fragrance Free Mineral Sunscreen SPF 35, $15.99; Whole Foods. **STICK** Banana Boat Kids Sunscreen Stick SPF 50, $5.99; *drugstore.com* **BODY LOTION** Neutrogena CoolDry Sport SPF 50 Lotion Sunscreen, $10.49; *neutrogena.com* **FACE LOTION** Mad Hippie Facial SPF 30+, $24.99; *madhippie.com*


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GET A GOOD MOLE CHECK

A yearly skin exam by a dermatologist is a must, and a thorough one should take 15 minutes or longer, especially if it's your first visit with that doctor. Don't be embarrassed to strip down to your underwear and slip into a gown. It's the only way the doctor can examine every nook and cranny on your back and legs, behind your knees, in your pelvic area, under your arms and breasts. She should also check fingers, around fingernails, your scalp, behind your ears, the bottoms of your feet, and between your toes. A doctor should also check your genital areas for suspicious moles or spots; some dermatologists will do it, others leave it to a gynecologist or urologist.



"WE'RE SAVING *OUR SKIN*"
HOW SKIN CANCER CHANGED TWO WOMEN'S SUN HABITS.



JACQUELINE SMITH,
37, Orlando, Florida

The diagnosis
"In my early 20s, I found a lump on my bikini line. I went to a doctor, who said it was just an inflamed lymph node. Two years later it was still there, so I got a second opinion. It was melanoma. A full body check and a PET scan showed that it hadn't spread, but doctors were never able to find the original spot, likely a mole in my groin. I was shocked; I have dark skin and never thought I was at risk. Six years later, after finding another lump on my bikini line, doctors removed seven cancerous nodes. For five years post-treatment, I went to the dermatologist for a full body check every six months. I've been cancer-free for 10 years and see a dermatologist annually."

How it changed me
"Growing up, I never wore sunscreen. Now, I apply sunscreen, moisturizer, and makeup with SPF daily and always seek shade. Also, you must be your own health advocate. If I hadn't gone for second opinions, where would I be now?"



LEOPOLDINE GOLUNSKI,
29, Houston, Texas

The diagnosis
"About four years ago, I noticed a small, crusty red spot on my hairline that wasn't going away, so my dermatologist took a look. It was basal cell carcinoma. The doctor removed it, and since then, I've had six more spots removed. I now see my dermatologist up to four times a year and constantly monitor my skin for changes."

How it changed me
"As a teenager, I tanned indoors and out. When I see tan teenagers, I want to tell them 'No tan is worth what I'm going through.' When I head outside, my priority is covering up: a big hat, sunglasses, and long sleeves. My car has tinted windows since the cancers were all on my left side. If I'm going to be outside for a long period of time, I always bring a big bottle of SPF 50 sunscreen and reapply religiously."

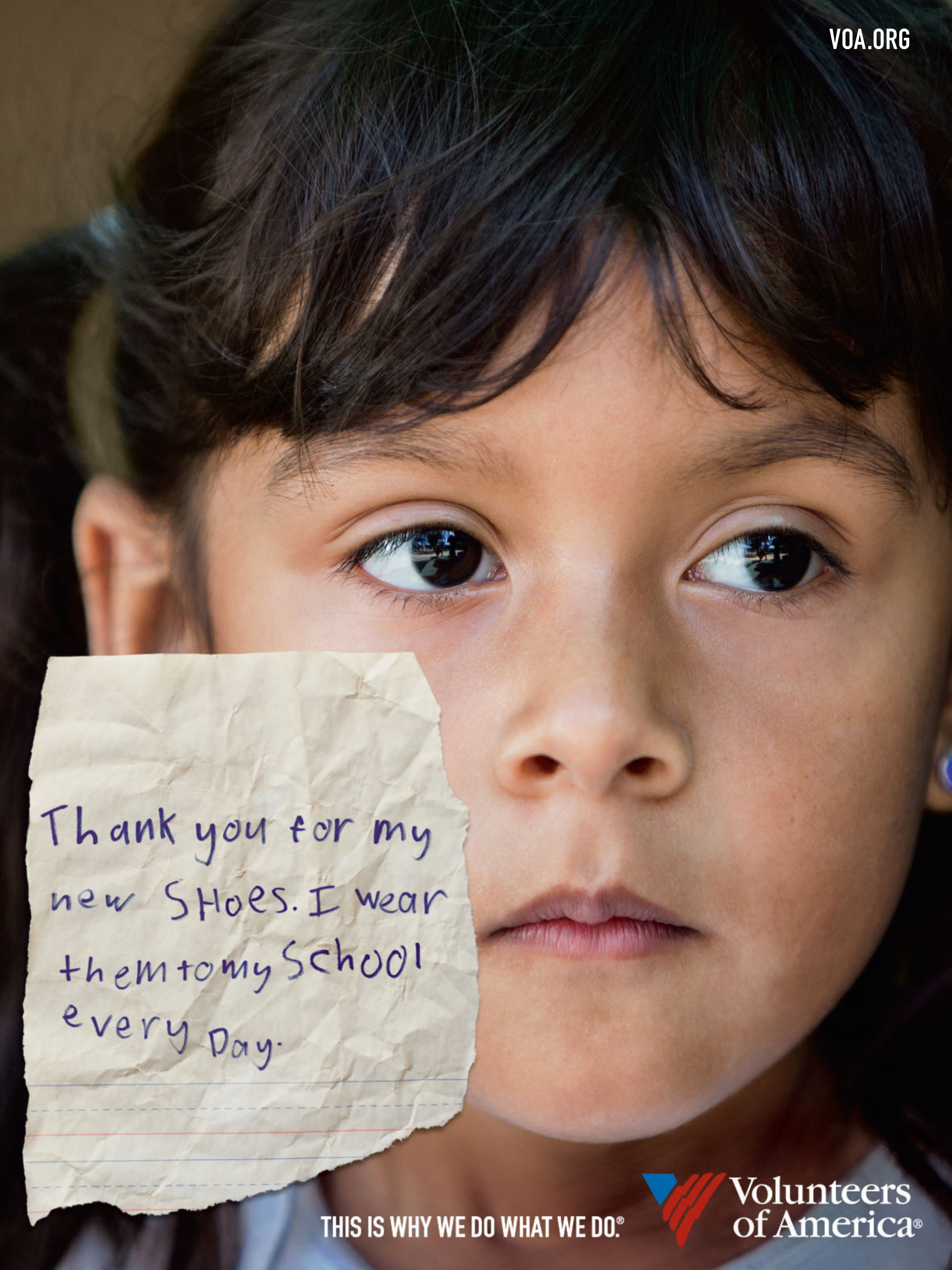
SUN SENSE

DOES A BASE TAN PROTECT ME FROM BURNING?
Maybe. But it also raises your skin cancer risk. "While a deep tan could theoretically give a very low SPF, it's no guarantee you won't burn," says Elizabeth Tanzi, M.D., a dermatologist in Chevy Chase, Maryland. And the extra color won't protect you from developing skin cancer.

IF IT'S CLOUDY, DO I NEED SUNSCREEN?
Yes. Up to 80 percent of the sun's UV rays break through clouds and fog. UVA rays can also penetrate glass: 53 percent of skin cancers in the United States are diagnosed on the driver's side of the body.

ARE TANNING BEDS EVER A GOOD IDEA?
Never. Using a tanning bed before age 35 ups your risk of melanoma by 75 percent. Using a tanning bed at any age ups your chances of squamous cell carcinoma skin cancer by 67 percent and basal cell carcinoma by 20 percent. Eleven states ban indoor tanning for anyone under 18; the FDA wants to make the ban nationwide and require adults to sign a waiver recognizing that they're exposing themselves to a carcinogen. "Tanning beds are the new cigarettes," Ladd says. ■




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3 **Cottage Rental Agency—Seaside**–The largest provider of private vacation rentals in Seaside, Florida, the acclaimed beach town.

4 **Edgewater Beach Condominium**–Edgewater Beach Condominium reigns majestically over South Walton and the emerald waters of the Gulf of Mexico.

5 **Embassy Suites- Miramar Beach**–Located across the street from the beach, two-room suites include cooked-to-order breakfast, evening reception and Wi-Fi.

6 **Garrett Realty Services**–Rent & Relax! Scenic 30A vacation rentals.

7 **Hilton Sandestin Beach Golf Resort & Spa**–Beachside full-service resort featuring expansive Gulfside deck, two pools, many resort activities, casual to 4-diamond dining, spa, golf and shopping!

8 **My Vacation Haven**–Over 140 vacation rentals in Sandestin Golf and Beach Resort, Tops'l Beach and Resort, 30A and surrounding South Walton areas.

9 **Royal Shell Vacations**–Voted BEST vacation rental company offering the largest selection of private estates, tropical cottages, condos and golf course homes throughout Southwest Florida.

10 **Southern Vacation Rentals**–Enjoy a sweet Southern experience in 1-to 8-bedroom vacation condos and homes in any South Walton beach community.

11 **Visit Sarasota County**–Beautiful beaches, an impressive arts scene, outdoor adventures, countless dining and shopping experiences – that's Sarasota on the Florida Gulf Coast. Home to the #1 Siesta Beach.

12 **Visit South Walton**–On Northwest Florida's Gulf Coast, South Walton's pristine sugar-white sand beaches and turquoise water complement 16 acclaimed beach neighborhoods. Find your perfect beach.

GEORGIA (FOR ALL, CIRCLE A010)

13 **Alpharetta**–No matter how you define FUN, new experiences can be found in Alpharetta, Georgia. Register today for FABULOUS GETAWAY GIVEAWAYS!

14 **Atlanta Metro's Hot Picks**–Get the 411 on the Top 100 things to see and do in the Atlanta area!

15 **GA State Parks**–At Georgia State Parks you'll experience nature and enjoy activities from camping and cabin stays, to swimming, hiking, paddling, and golf.

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19 **Pine Mountain**–A charming family escape awaits an hour southwest of Atlanta in Pine Mountain.

20 **Plantation Trace**–Southwest Georgia's Plantation Trace: visit our charming communities and attractions today!

21 **Presidential Pathways Travel Association**–A travel region showcase reflecting from the antebellum era, the Civil War years, and the heritage of two U.S. Presidents.

22 **Visit Magnolia Midlands!**–Discover breathtaking scenery, Enjoy farm-fresh cuisine, Sip local brews, Shop for hidden treasures, or Experience small town festivals. Love our Georgia backroads!

MARYLAND (FOR ALL, CIRCLE A020)

23 **Baltimore**–Take the train from New York and in just over two hours, watch the O's play in Camden Yards, visit the American Visionary Art Museum, grab your favorite table in Little Italy and more! Baltimore is special.

24 **Beach and Beyond**–Discover Worcester County, Maryland's only seaside. Explore Assateague Island, Ocean City and authentic main street communities offering unique shopping and dining experiences.

25 **Carroll County**–Delight in our unique festivals, antique shops, country inns, golfing, superb restaurants, and wineries. Just 45 minutes northwest of Baltimore.

26 **Cecil County**–Discover beautiful countryside, shimmering harbors, and quaint historic villages, right on I-95! Experience unique shops, fabulous cuisine, State Parks, Hollywood Casino, award-winning wine, charming inns, and more! Once you visit, you'll return again and again!

27 **Conference and Visitors Bureau of Montgomery County**–Montgomery County is located on the northwestern border of Washington, D.C. Search our website for hotel deals, things to do and events just minutes from D.C.

28 **Deep Creek Lake**–Boating, skiing, biking, hiking or taking in the stunning scenery – plan your Deep Creek Experience in Deep Creek Lake, Maryland!

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31 **Hagerstown — Washington County**–Visit Civil War battlefields, parks, and outlet shopping. Hiking, biking, kayaking, museums and lots more!

32 **Howard County**–Where Maryland comes together! Experience the treasures of Old Ellicott City and Downtown Columbia. Conveniently located between Baltimore and Washington DC.

33 **Kent County**–A scenic peninsula on the Upper Chesapeake Bay. Fishing, boating, paddling, winery, theaters, art galleries, museums, shopping, award winning Farmers' and Artisans' market and more.

34 **Prince George's County**–Minutes from downtown DC - Six Flags America, National Harbor, Gaylord National, MGM casino (fall 2016).

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36 **Welcome to Maryland**–Explore beaches, mountains, and the Chesapeake Bay. Discover Civil War Trails and Scenic Byways Driving Tours. Enjoy local seafood and culinary delights.

MISSOURI (FOR ALL, CIRCLE A025)

37 **Explore Branson**–Whether your celebrating family time together, escaping with that special someone or reconnecting with our closest friends, you are about to discover a destination that puts you on center stage.

38 **Greater St. Charles Convention & Visitors Bureau**–Discover Missouri's largest historic district with unique shopping, dining, and historic attractions in a charming, nostalgic setting.

39 **Independence, Missouri**–Find your independence as you retrace the footsteps of President Harry S. Truman, pioneers, trailblazers & more.

40 **Lake of the Ozarks**–Centrally located with year round attractions, events and festivals. Request your free vacation guide today.

41 **Missouri Tourism**–Order your free Missouri Travel Guide today! From arts & culture to outdoor adventure you'll find it all in Missouri.

42 **Springfield**–From the natural beauty of the Ozarks to a vibrant metropolitan city, Springfield has everything to make your visit memorable.

43 **St. Joseph**–Where Pony Express began and Jesse James ended; 13 museums, 15 festivals, amazing historical architecture.

MONTANA (FOR ALL, CIRCLE A026)

44 **Helena**–An energetic downtown, vibrant restaurants, endless outdoor activities and a rich Montana history, your perfect vacation awaits.

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50 **Albany County Convention & Visitors Bureau**–Amazing. Discover more than four centuries of history, culture, and entertainment in New York's Capital City!

51 **Campground Owners of New York**–From simple and rustic locales accommodating tents and pop-up campers to full-service RV resorts and parks catering to seasonal campers and park models. There is a location ideal for you and all around New York State.

52 **Dutchess County Tourism**–Free Time is priceless. Make sure you're spending it wisely. Come. Explore the Hudson Valley.

53 **Finger Lakes/ Auburn Historic Sites**–Art. Music. Theater. History. Experience Auburn's historic and cultural sites.

54 **Hudson Valley/Orange County**–Explore. Stay. Dine in New York's beautiful Hudson Valley. Woodbury Common Outlets, farm to table and more. All just a short drive from NYC.

55 **Lake George/Adirondacks**–Discover the birthplace of the Original American vacation. Pristine, Wilderness, charming towns, and must see attractions. Experience it yourself.

56 **Long Island**–At the dawn of American History, stands the Montauk Lighthouse. It was the new country's first public works project. And one of the many attractions and historic landmarks to explore on Long Island.

57 **Sullivan County/ Catskills**–Experience the Good Life. Adventure. Good Eats and Drinks. Arts and Culture. And more.

NORTH DAKOTA

58 **North Dakota**–Rugged Badlands, rich history, outdoor fun and vibrant cities. Adventure awaits you in North Dakota.

RHODE ISLAND

59 **South County Tourism Council**–The beaches are only the beginning! Free Rhode Island Vacation Guide.

SOUTH CAROLINA (FOR ALL, CIRCLE A040)

60 **Greenville, South Carolina**–The Southeast's hottest new vacation destination features an award-winning downtown set against the backdrop of the majestic Blue Ridge Mountains.

61 **South Carolina**–There's always something new to discover in South Carolina. Start planning your next adventure today!

TEXAS (FOR ALL, CIRCLE A043)

62 **San Angelo**–Discover a getaway that is a perfect blend of West Texas charm, outdoor recreation, culture and arts, and just plain old fun.

63 **San Antonio**–Get ready for an unforgettable summer in legendary San Antonio, with amazing culture, history, food and outdoor activities.

64 **The Great State of Texas**–Find your #TexasToDo Texas has it all. Unique flavor. Breathtaking scenery. Chances to play cowboy, or art critic. Explore like a local with our #TexasToDo Films and #TexasToDo Gallery

VIRGINIA

65 **Visit Williamsburg**–Greater Williamsburg is one of the most diverse destinations in America, offering the freedom to have a variety of vacation experiences.

WEST VIRGINIA

66 **River Expeditions**–Discover nature, history, culture and adventure in West Virginia's New River Gorge- cabin rentals, rafting, float trips, zipline ATV tours, biking, hiking and climbing.

MID-ATLANTIC

67 **Great Mid-Atlantic Family Vacations**–Register to win a free Getaway to the Outer Banks of North Carolina.

SOUTH TRAVEL

68 **Great Southeast Family Vacations**–Register to win a Free Getaway to Gulf Shores/Orange Beach.

» hurry! Offers expire 10/19/2016

More FREE travel offers & prizes at TravelMeredith.com

any way you slice it

A hydrating and healthy fix for your sweet tooth, melons are also surprisingly nutritious.



[SHOP SMART]

Pick a melon that's heavy for its size. When they're ripe, melons are dense with water.

HONEYDEW

Packed with vitamin C and potassium—one-half has all your daily C needs and 50 percent of your potassium—honeydew is also a good source of copper, a mineral that's key for energy because it helps iron get into your red blood cells.

WATERMELON

The pink-red color means watermelon has lycopene, an antioxidant that protects against cancer and heart disease. A little fat helps your body absorb it better, so try a watermelon salad: slices topped with feta, a little onion, and oil and vinegar.

CANTALOUPE

It's loaded with beta-carotene (vitamin A), which safeguards your eyesight, helps keep your mind sharp, and reduces inflammation.

Healthy recipes

Get our best watermelon recipes. *BHG.com/Melon*

GOOD TO KNOW

1 **RINSE THE RIND** Don't skip this step. Bacteria on the outside can make its way inside when you cut, so rinse and scrub with a produce brush first.

2 **SAVE THE SEEDS** You can eat them! Watermelon seeds have niacin and zinc, and cantaloupe seeds have omega-3 fatty acids. Toast and season like pumpkin seeds.

3 **EXTRA CREDIT** Eating ½ cup of fruit daily can help prevent metabolic syndrome, a combo of factors that ups your risk of type 2 diabetes and heart disease. ■

SOURCE: *Libby Mills, M.S., R.D.N., L.D.N., spokesperson for the Academy of Nutrition and Dietetics*

BY **BARBARA BRODY** PHOTO **ANDY LYONS**


SOME THINGS ARE FULL OF HORMONES.
WE'RE NOT.
Oscar Mayer
NATURAL
SLOW ROASTED
TURKEY BREAST
^NO ARTIFICIAL INGREDIENTS
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NO ARTIFICIAL PRESERVATIVES
See back of package for ingredients used to preserve quality
NO ADDED HORMONES+
+Federal regulations prohibit the use of hormones in poultry
NO ARTIFICIAL FLAVORS
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NO BY-PRODUCTS
+ FEDERAL REGULATIONS PROHIBIT THE USE OF HORMONES IN POULTRY
© 2016 Kraft Foods

FIT IN 15

roll with it

Work out the kinks and build strength and flexibility with these foam roller moves.

It's way more than a massager. "A foam roller helps release tension in your connective tissue, but as you do these exercises, you're using your core and other muscles to stay balanced," explains Pilates instructor Lauren Roxburgh, author of *Taller, Slimmer, Younger.* Using a 36-inch roller, try this series for a quality workout.

1 SNOW ANGEL

(stretches upper back, shoulders, neck)

Lie on roller lengthwise so it supports your entire spine. Bring arms straight out to sides at shoulder level, close to the floor, palms up. Inhale, reaching arms overhead slowly. Exhale as you bring arms back to start. Repeat 8 times.



2 ROLLING BRIDGE LIFT

(works glutes, hamstrings; stretches quads, feet)

Lie faceup on a mat with the arches of your feet on the roller, knees bent. Slowly lift hips, forming a straight line from knees to shoulders. Without moving roller, pulse your hips up and down about an inch (don't arch your back). Repeat 10 times.



3 ROLLING SWAN

(works arms, upper back, glutes; improves posture)

Lie facedown on a mat with arms stretched out in front of you; place roller under forearms, thumbs facing up. Inhale as you raise your head and chest and move the roller toward you along your forearms. Exhale as you slowly return to starting position. Repeat 8 times.





[GEAR]

TENSION TAMERS

1 A good basic for beginners, the **PB Elite Molded Foam Roller** is dense so it lasts. Available in 12-, 18-, and 36-inch sizes. ($7.95 to $19.95; *performbetter.com*)

2 Just 17½ inches long and 5 inches wide, the **Melt Performance Roller** is not too hard, not too soft. ($40; *meltmethod.com*)

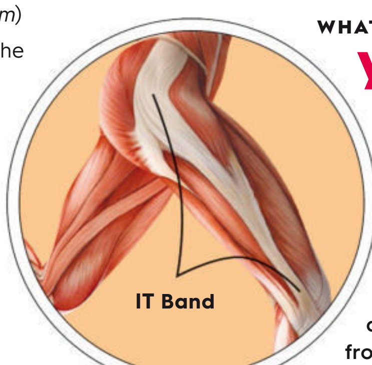
3 The raised circular pattern on the **LoRox Aligned Roller** helps stop slipping. ($49.95; *optp.com*)

4 Small but mighty, the **Grid Mini Foam Roller** goes deeper into small areas. ($24.99; *tptherapy.com*)

5 Handles on the **Grid STK roller** mean you can use it sitting or standing. ($34.99; *tptherapy.com*)

WHAT'S THE DEAL WITH ...

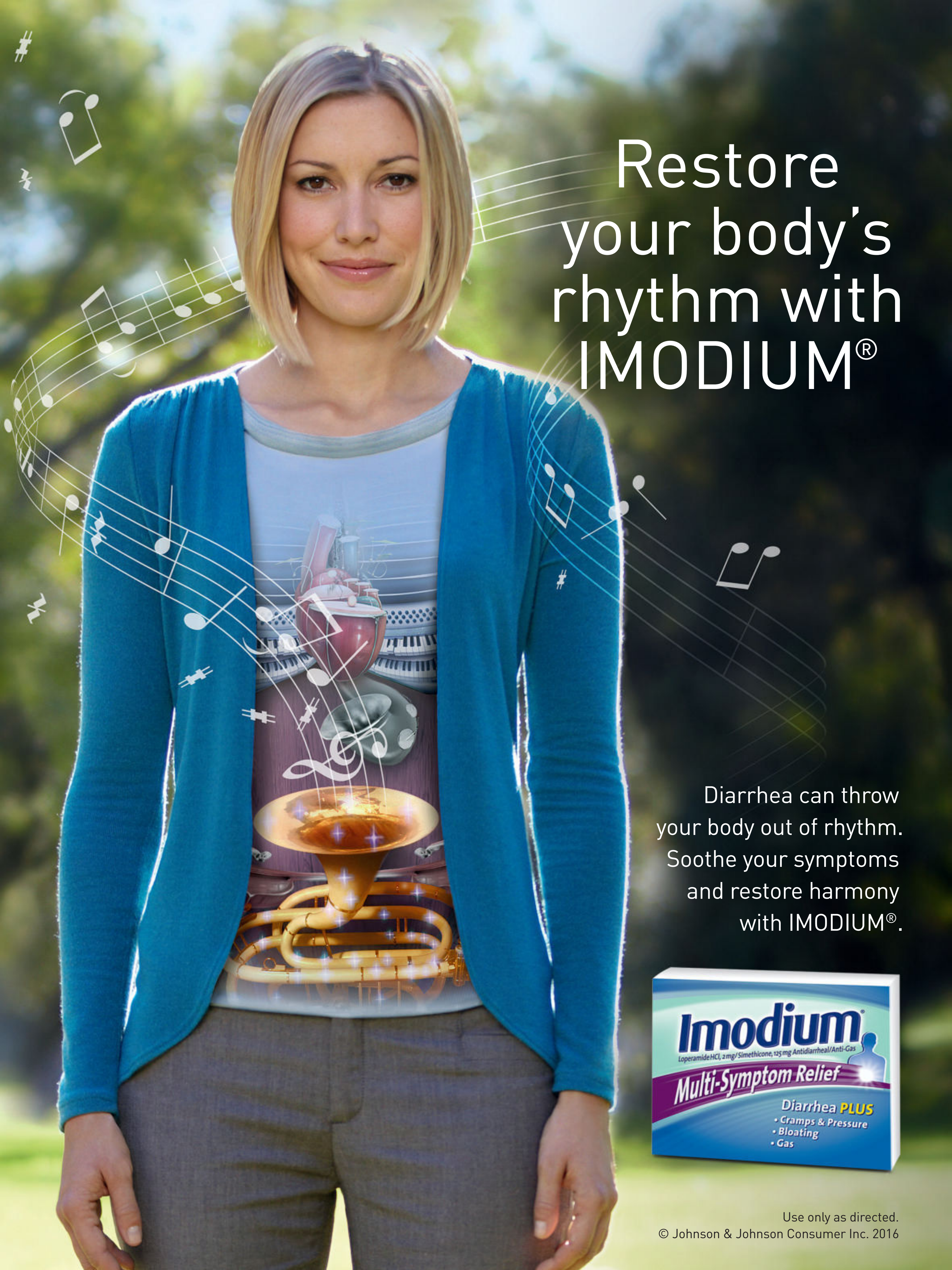
your IT band?



The iliotibial (IT) band is a type of connective tissue (aka fascia) that runs down your thigh, from the outside of the hip to just below the knee. It mostly helps protect your knee, especially when you're walking or running. When your IT band gets tight, your lower back, hips, and thighs feel the pain, says David Reavy, a Chicago-based physical therapist and owner of React Physical Therapy. A few minutes of foam rolling daily can help. Start by rolling out the hip flexors (the fronts of your hips) to help relax the IT band. Then roll along the outer thighs to target the tendon. ■

PHOTOS: CAMERON SADEGHPOUR; ILLUSTRATIONS: (EXERCISES) BROWN BIRD DESIGN, (IT BAND) GETTY

BY ALYSSA SHAFFER



Restore your body's rhythm with IMODIUM®
Diarrhea can throw your body out of rhythm. Soothe your symptoms and restore harmony with IMODIUM®.
Imodium®
Loperamide HCl, 2 mg/Simethicone, 125 mg Antidiarrheal/Anti-Gas
Multi-Symptom Relief
Diarrhea PLUS
• Cramps & Pressure
• Bloating
• Gas
Use only as directed.
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the health nut

Our intrepid health director, **Amy Brightfield,** turns her fitness routine upside down in aerial yoga.



Being prone to motion sickness, my first inclination was to walk right by all the aerial yoga studios popping up around town. You know, the ones with rows of silky fabric hammocks hanging from the ceiling and poised students gracefully suspended in their poses, despite the fact that they're basically on a swing. The thought of doing yoga while clinging—er, I mean holding on—to a piece of cloth had me reaching for a barf bag. But my fitness curiosity got the better of me. So I did a little deep breathing, tried to tune out my mom's advice ("Wear a helmet"), and signed up for a very beginner's class at Om Factory in New York City.

After I introduced myself to instructor Janie Prince ("Hi, my name is Amy, and I throw up on airplanes"), she reassured me that the fabric was securely attached to the ceiling with heavy-duty metalwork and I wouldn't crack my head open. Janie warmed us up and demonstrated how to position the sling around the torso, legs, and arms so it was secure and supportive. "I like to show people you can trust the fabric," Janie said. Gradually, I put more and more of my weight into the hammock. "Because the fabric supports your body weight, aerial yoga can make some poses easier," said Kevin Bigger, director of Om Factory's teacher training program. "It also gives you a great ab workout since you're continually using your core to balance on the fabric." I found both to be true, especially when I did plank pose with my feet in the fabric, hands on the mat. At one point, I was suspended in a lotus-esque position, not the least bit worried about crashing down.

Then came the ultimate test of trust: an inversion. Janie helped me sit back into the fabric, position it around my upper thighs *(not* a flattering spot to have a thick band of fabric wrapped around you), and I leaned back until … I was upside down! I felt a whoosh of pressure as blood rushed to my head. I hung there for a minute, and felt … fine, then actually kind of good. I caught a glimpse of myself in the mirror and noticed I had a nice flush and looked just the slightest bit smoothed out. Inversions instead of Botox! It seemed daunting to lift myself out of this position, but I mustered my upper body strength and was upright in seconds.

After class, the effects were noticeable immediately: My back felt stretched out, and my usual problem spots (shoulder and neck) were quiet. The best takeaway: body confidence! No one had to untangle me. I hung upside down—a few times—and didn't turn green. I could get used to this, and who knows, it might even be safe to sit next to me on my next flight. ■

Watch Amy try it! **We followed her through aerial yoga class with a video camera. *BHG.com/Aerial***

FIND YOUR BALANCE

Hybrid classes like aerial yoga hone your core, balance, and focus, yoga instructor Kristin McGee says.

SUP YOGA
Combines yoga and stand-up paddle-boarding: You do poses while balancing on the board.

SLACK LINE YOGA
A 2-inch piece of webbing is set up like a balance beam, and you do poses on it.

CORE FUSION YOGA
An active combo of barre, pilates, and yoga.

ILLUSTRATION **EDWIN FOTHERINGHAM**


I CAN
FINALLY ENJOY
THE MOMENT.
Depend
NEW COMFORTABLE FIT
Depend
FIT-FLEX
underwear for women

fringe benefits

Maker, mom, and Lovely Indeed blogger **Chelsea Foy** is known for super doable DIY crafts. You can make her fab tassel key ring in as little as an hour.



"It's a very simple technique but yields a polished, beautiful result that almost doesn't look DIY at all," Chelsea says.

METHOD

1 Cut two strips of leather: one that's 3×¼ inches and one that's 10×3½ inches. Fold the smaller strip over the key ring and glue to form a loop. Secure with a binder clip until dry.
2 Along one long side of the larger piece of leather, make 2¾-inch cuts every ¼ inch, leaving ¾ inch uncut along the top.
3 Glue the leather loop to the back side of an unfringed corner of the larger piece.
4 Tightly roll the fringed piece, adding glue every inch to secure.
5 Make sure you glue the final edge down well.
6 Loop a rubber band around the roll to hold it together until the glue is completely dry.

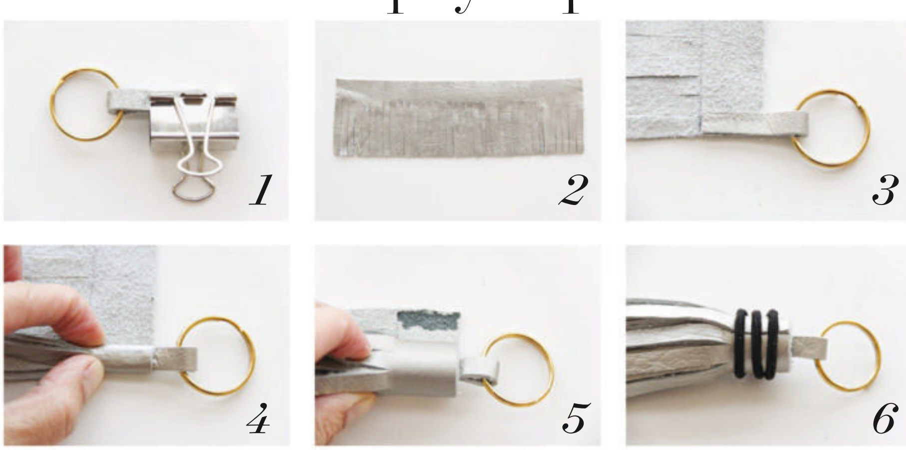
MATERIALS

leather, real or faux (at crafts stores)
pen
ruler
scissors
key ring
superglue
binder clip
rubber band



TRY DIFFERENT LENGTHS AND SIZES TO MIX IT UP!

step by step



Meet Chelsea

Check out more of Chelsea's easy, budget-minded DIY projects on her blog: *lovelyindeed.com*

PHOTO: (CHELSEA) MARY COSTA

BY **COURTNEY FISHMAN** PHOTOS **CHELSEA FOY**


WALK
YOUR TACO
LUNCHABLES UPLOADED
WALKING TACO.
IT'S WHAT'S INSIDE YOUR
TEEN'S SNACK THAT COUNTS.
JUST MIX, HEAT AND EAT.
Lunchables
Lunchables UPLOADED
CHILI PIE RECIPE
WALKING TACO
© 2016 Kraft Foods

kid-friendly B&Bs

These innkeepers go way beyond complimentary breakfast to outfit their getaways with activities for all ages.



1 LAYFAYETTE INN, EASTON, PA Just a mile from the Crayola Factory, this cozy inn offers a Crayola package (comes with a factory tour and two gift packs) and a Pampered Pet package (your room has its own exterior entrance). Staff can help arrange for nearby steam train excursions. ***lafayetteinn.com***

2 THE HIDEAWAY RANCH AND RETREAT, GLEN ROSE, TX Your posse can try horseback riding, archery, hiking, fishing, and fossil hunting, then relax in one of 10 secluded cabins on 155 wooded acres. Stick around for the chuckwagon dinner on Saturday nights. ***thehideawayranch.com***

3 WOODS HOLE PASSAGE INN, FALMOUTH, MA When the innkeepers are raising three kids, they know how to keep families happy. You can walk to the beach and the bay, and the youngest guests are accommodated with a playpen, baby monitors, and a backpack with beach toys. ***woodsholepassage.com***

4 KATY TRAIL, ROCHEPORT, MO Get a taste of history when you stay in a converted boxcar, which has a queen bed on the main floor and two sleeping lofts. Canoe down the Missouri River, then bike back along the Katy Trail, the nation's longest bike path converted from a railroad line. ***katytrailbb.com***

5 HORSE AND HEN INN, HAYDEN, CO Hit the hay early so you can pitch in with farm chores. When it's time for a break, soak in the hot water pools in nearby Steamboat Springs. ***horseandheninn.com***

6 PIRATE HAUS INN, ST. AUGUSTINE, FL Even landlubbers can live a buccaneer's life at this nautical-theme inn, complete with sea charts and seafaring bedtime reading. Start the day with an all-you-can-eat pancake breakfast, then explore one of the oldest cities in North America. ***piratehaus.com***

7 BENTWOOD INN, JACKSON HOLE, WY Along with a kid-friendly menu, breakfast is likely to include moose sightings. The inn offers guided mountain hikes, and kids will love singing along at the supper and Western music show at nearby Bar J Wranglers. ***bentwoodinn.com***

8 LEAPING LAMB FARM, ALSEA, OR A cottage is your home base, and you can roam pastures to pick berries and grapes. Even teens will ooh and aah when they bottle-feed lambs and visit rescued Arctic wolves at nearby White Wolf Sanctuary. ***leapinglambfarm.com***

9 SANDBAR, NAGS HEAD, NC With a private pool and grill, paperbacks, and puzzles, this ocean-view inn feels like your own beach house. Complimentary beach cruiser bikes, kayaks, and a happy hour of wine or sweet tea make the stay. ***sandbarbedandbreakfast.com***

10 JUSTIN TRAILS INN, SPARTA, WI From leading llamas on a nature walk to disc golf, there's so much to do that your kids will leap out of their handcrafted log beds. After everyone goes on a nature scavenger hunt, adults can relax with an in-room massage. ***justintrails.com*** ■

BY **LARRY BLEIBERG** ILLUSTRATION **SARA FRANKLIN**


SOME THINGS ARE TOO DELICIOUS TO SHARE.
EGGO® WAFFLES. UN-SHAREABLE SINCE 1972.
Kellogg's
L'Eggo my Eggo
Eggo

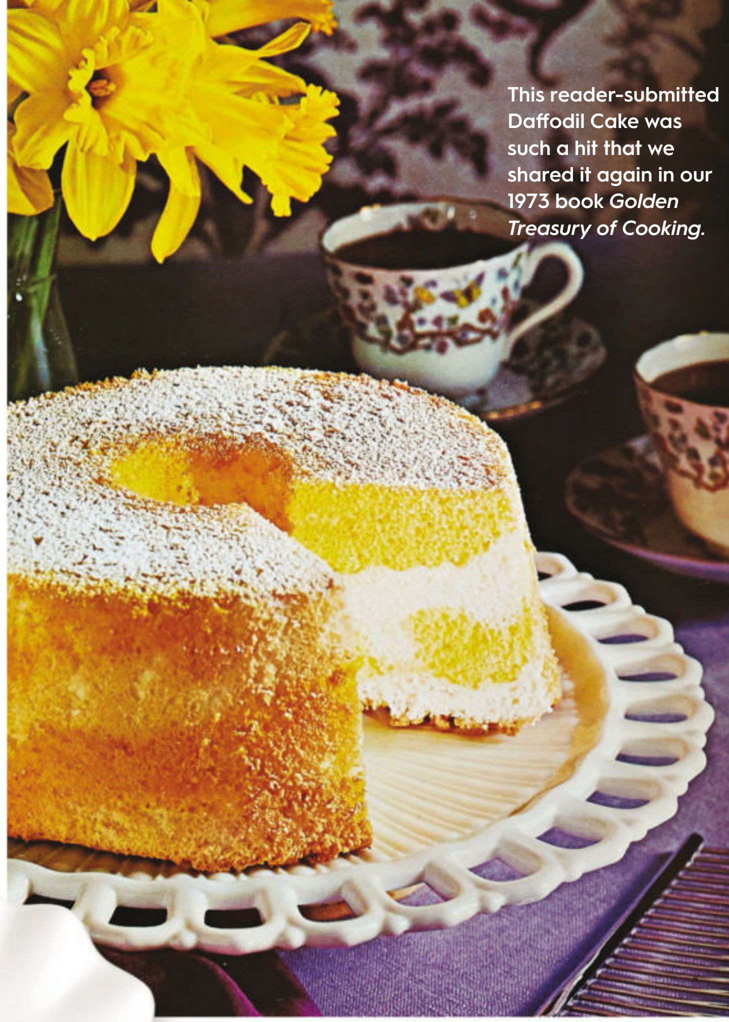
BHG throwback

1944 DAFFODIL CAKE

A good lemon cake recipe never goes out of style. It just gets better with time.

THE ORIGINAL This reader favorite that first appeared in April 1944 proves how our love for lemon endures. The airy sponge cake with a hint of citrus featured egg yolks in half the batter and whites in the other, baked into yellow and white swirls.

THE UPDATE Our easy one-bowl reinvention is a chiffon-meets-pound cake with a triple dose of citrus. The new version pops with lemon extract and trendy Meyer lemon zest in the cake and juice in the glaze. Nonstick pans in different shapes make it easy to bake a masterpiece.



This reader-submitted Daffodil Cake was such a hit that we shared it again in our 1973 book *Golden Treasury of Cooking.*



1 PLATE Mallorca Salad Plate, $14.95; *crateandbarrel.com*

2 BUNDT PANS Nordic Ware Jubilee Bundt Pan, $36, and Mini Heritage Bundt Pan, $38; *surlatable.com*

3 LEMON EXTRACT Sonoma Syrup Co. Pure Lemon Extract, $11.99; *sonomasyrup.com*

4 CAKE STAND Grey Swirl 10" Cake Stand, $58; *food52.com*

5 SERVER Sabre Old Fashioned Tart Slicer, $17; *didriks.com*

6 MEYER LEMONS Available in large supermarkets, or order online. $31.29 for 5 lb.; *melissas.com*

7 ZESTER Microplane Premium Yellow Zester/Grater, $14.95; *amazon.com* ■

Bake it!

Get our updated Lemon Bundt Cake recipe, *page 149.*

BY DIANA McMILLEN

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S M T W T F S
Less is more.
Just 2 Aleve can last all day so you can spend more time doing what you love instead of stopping for 6 Tylenol Extra Strength.
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BAYER
ALL DAY STRONG
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Each Aleve can last 12 hours. Comparison based on minimum label dosing for Tylenol Extra Strength if pain persists for 24 hours.



by Jirasak P.